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Looking After Your Own:

Looking After Your Autistic Self Niamh Garvey, 2023-03-21 I no longer try to mask my autism I now work to support my autism It is a myth that autistic children grow into less autistic adults In fact many autistic adults feel more overwhelmed as they age as the stresses of social demands such as relationships parenting or the work environment increase Niamh Garvey offers tips and tricks designed to reduce sensory and emotional stress and look after your autistic self From understanding what s happening when the stress response kicks in to using the detective habit to spot your individual strengths and triggers What s more every element of this book can be personalised to you Featuring strategies including quick calm plans for managing triggers and lived experience advice on understanding emotional regulation coping with sensory overload and how to look after your senses during intimacy this guide is here to ensure that you don t just survive adulthood you thrive in it

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Assertiveness Master Today, Roger Reed, 2021-05-31 Do you feel like you are not assertive enough Are you tired of people taking advantage of you You may be thinking I don t want to offend people I just want them to like me But what if they do not take the hint and never stop asking for your attention and help What if they keep pushing and demanding more of your time energy or money How will that make you feel And how will it affect your goals and relationships with others in the long run The Everyday Assertiveness book is a workbook designed to help you transform yourself from a passive person who always pleases other people into an assertive individual who speaks up sets healthy boundaries and says no when necessary It provides practical tools that can be used in all areas of life at home school work or social settings This book has helped thousands of individuals gain confidence by learning how to say NO without feeling guilty about it It is time for YOU to learn these skills too This book will teach you how to stop being passive and become assertive with the people in your life Here is an overview of the things you will learn how to Be more confident Stop letting other people walk all over you Set healthy boundaries that work for YOU Say NO when appropriate without guilt or shame Get what YOU want out of relationships friendships family members etc Stop feeling taken advantage of by those around you Set boundaries and say no when necessary Take full charge of your own life Purchase the Everyday Assertiveness workbook today Always Look After

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own local situation in an attempt to find sustainable social work responses and in helping to build intergenerational solidarity and social capital Contributions to the book focus on patterns of migration older migrants migrating families and migrant carers Facilitating and supporting social solidarity both locally and internationally requires social workers to understand the different contexts for elderly social work both within their own country and internationally Central to this area of work is the promotion of values that respect differences and uphold the principles of human rights and social justice This book highlights the need to consider migration as a driver for social change offering the opportunity for new forms of social solidarity that can adapt and support people inter generationally and sustainably in later life This book was originally published as a special issue of the European Journal of Social Work Horseback Riding For Dummies Audrey Pavia,2020-08-04 Giddy up Your guide to horseback riding is here There s nothing quite like the sound of a horse s gallop Add to that the sight of its mane catching wind as its powerhouse body criss crosses the boundary of strength and graceful agility They are majestic creatures to behold and if you ve caught the equine bug Horseback Riding For Dummies is all you need to get saddled up and started on your journey to riding into the sunset Inside riders at the beginner level will discover the differences between Western and English riding styles get the knowledge to select the best stable and instructor and so much more Choose the riding discipline that best suits your interests Find a qualified riding instructor Learn how to enter the competitive riding world Fit and care for the saddle bridle and other equipment Once you ve fallen for one of these beautiful animals it s hard to hold your horses and this guide is here to give you the skills and know how to take that excitement to the ring **The Pain We Feel Today Will Be Our Strength Tomorrow** Peter Cole,2022-06-15 We live in volatile times It can be easy to get swept along with the latest tsunami to hit your life and hard to hold on to what we need to This book focuses on how you can recognise the signs that trouble might be heading your way and help you to work out strategies and coping mechanisms so that when you hit challenging times you are prepared to deal with them and come out the other side stronger than ever This book looks at work and our private lives and how you can pick yourself up and survive events that would otherwise have the power to derail you It will show you how to make plans to recognise people that you do not need in your life as well as people that you do An uplifting book that will teach you a lot about surviving in the 21st century **Health Services for the Aged Under the Social Security Insurance System** United States. Congress. House. Committee on Ways and Means,1961

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