

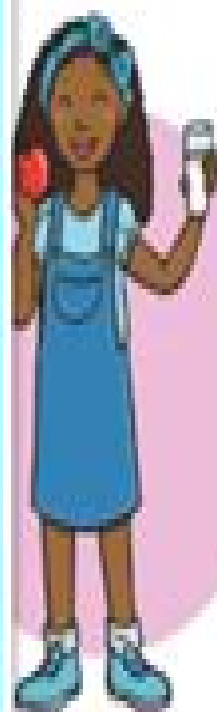
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Looking After Your Own

Shamash Alidina



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

Scratching the Surface of Bioethics Matti Häyry, Tuija Takala, 2003 Is bioethics only about medicine and health care Law Philosophy Social issues No on all accounts It embraces all these and more In this book fifteen notable scholars from the North West of England critically explore the main approaches to bioethics and make a scratch on its polished surface

Everyday 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

Children Caring for Parents with HIV and AIDS Ruth Evans, Saul Becker, 2009-03-11 Focusing on the experiences and perspectives of children who are caring for a parent with HIV in the global North and South this text presents a unique insight into the similarities and differences in children s experiences across diverse socioeconomic cultural and welfare contexts

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 Carousel Keeps Turning Pamela Evans, 2012-04-26 Friendship and fairgrounds help to heal a broken heart in this sixties London saga Pam Evans much loved author of In the Dark Streets Shining and The Apple of Her Eye transports us to the swinging sixties in this heart breaking saga of friendship hope and a mother's love Perfect for fans of Rosie Goodwin and Cathy Sharp Covered with bruises Maddie Brown can only think about getting as far away as possible from Barking and her violent husband Richmond at the other end of the District Line seems as good a place to go as any It's a hot bank holiday in 1960 and Maddie clutching her five year old daughter follows the Richmond crowds swarming towards the river where a vibrant fairground is in full swing The noise and fun do little to soothe her pain but an encounter with a fairground owner's daughter is to change her life for ever Janice is a kind warm hearted single mother who seeing their distress determines to help them Before long Maddie is working for the Fenners revelling in the spirit of the fairground But an ugly past when it is left unresolved has a habit of catching up with the present and Maddie eventually realises that she must fight like never before to keep a hold of all that she loves What readers are saying about The Carousel Keeps Turning This is around the fifth book of Pamela Evans that I have read and they still have me sitting on the edge of my seat or sat bolt upright in bed with anticipation of what is going to happen next Gripping I loved the story line and found it hard to put the book down I would certainly recommend it

Caregiver's Handbook DK, 2013-09-01 The Caregiver's Handbook is a definitive guide to caring for a sick or disabled person of any age Whether it be adults looking after parents partners looking after each other parents looking after children or young caregivers looking after their parents the Caregiver's Handbook addresses both the needs of the caregiver and person who needs care The Caregiver's Handbook offers emotional support and practical advice on a wide range of topics enabling individuals to provide the best care possible whatever the requirements Everyday concerns including healthy eating personal care and rest and sleep are addressed alongside topics such as safe movement and handling choosing the right stability aids or even how to maneuver a wheelchair for the first time Features also include a look at how either at the needs of the caregiver or how the requirement of specific conditions such as dementia or physical impairment can affect the way a task can be approached The Caregiver's Handbook is a comprehensive compassionate and indispensable resource that all caregivers will want to have on hand at all times it is essential reading for anyone caring for someone at home

Golden Girls Sally Feldman, 2024-09-28 Golden Girls is a unique up to date and

culturally inclusive guide that gives advice and inspiration to today's grandmothers **Always Look After Number Two! A Guide to Better Health Through Colonic Irrigation and Bowel Care**, **Mindfulness For Dummies** Shamash Alidina, 2014-12-03 Use mindfulness to relax and control anxiety depression stress and pain Whether you're looking to control your depression and anxiety levels improve concentration and reduce stress or just want to restore balance in your life Mindfulness For Dummies 2nd Edition shows you how to slow down become aware of what is going on around you and react effectively Focusing on breathing and other self control techniques the practice of mindfulness is scientifically proven to calm jittery nerves and free the mind of distracting thoughts mental clutter and unrealistic expectations With this easy to follow guide you'll discover how to pay attention to the present in order to change the way you think feel and act Covering the latest research on the effect of mindfulness on the brain Mindfulness For Dummies 2nd Edition shows you how to break free from a downward spiral of negative thought and action and empowers you to make positive choices that support your well being Use mindfulness to reduce stress and anxiety combat pain and more Receive guidance on incorporating mindfulness into everyday life Establish your own mindfulness routine Access audio downloads of guided meditations Written by a professional mindfulness trainer and packed with tips to incorporate this practice into your daily life Mindfulness For Dummies 2nd Edition shows you how to reap the benefits of a more attentive life **everything you hoped you'd never need to know about colorectal cancer** Anisha Patel, 2023-09-05 1 in 15 men 1 in 18 women Every year in the UK 43 000 people are newly diagnosed with colorectal cancer Dr Anisha Patel is one of them Young fit and married to a consultant gastroenterologist and bowel cancer screening specialist in 2018 she was diagnosed with Stage 3 colorectal cancer Despite being a family doctor Anisha had no idea what would come next With the benefit of hindsight and after first hand experience she understands now that the diagnosis is just the beginning that treatment can be physically and mentally overwhelming and that the hard work really starts when the treatment ends Drawing on her own experience and her medical expertise as well as that of specialists in the field Anisha's book is an essential companion for anyone facing a cancer diagnosis She outlines what to expect at each stage from diagnosis through treatment and into the new normal that awaits with practical advice and emotional guidance for every step of the way Hers is not the only voice here you will find a chorus of individuals who share their own lived experiences of colorectal cancer and its aftermath in the hope that they too can navigate you through the eye of the cancer storm to thrive in the life beyond Powerful and personal this is a life saving book for a life changing diagnosis and a testament to human resilience and the enduring power of hope **The Collected Sicilian Folk and Fairy Tales of Giuseppe Pitre** Giuseppe Pitre, 2009 First Published in 2008 Routledge is an imprint of Taylor Francis an informa company **The Working Class** Ian Gilbert, 2018-03-27 In The Working Class Poverty education and alternative voices Ian Gilbert unites educators from across the UK and further afield to call on all those working in schools to adopt a more enlightened and empathetic approach to supporting children in challenging circumstances One of the most intractable problems in modern

education is how to close the widening gap in attainment between the haves and the have nots Unfortunately successive governments both in the UK and abroad have gone about solving it the wrong way Independent Thinking founder Ian Gilbert s increasing frustration with educational policies that favour no excuses and compliance and that ignore the broader issues of poverty and inequality is shared by many others across the sphere of education and this widespread disaffection has led to the assembly of a diverse cast of teachers school leaders academics and poets who unite in this book to challenge the status quo Their thought provoking commentary ideas and impassioned anecdotal insights are presented in the form of essays think pieces and poems that draw together a wealth of research on the issue and probe and discredit the current view on what is best for children from poorer socio economic backgrounds Exploring themes such as inclusion aspiration pedagogy and opportunity the contributions collectively lift the veil of feigned equality of opportunity for all to reveal the bigger picture of poverty and to articulate the hidden truth that there is always another way This book is not about giving you all the answers however The contributors are not telling teachers or schools leaders how to run their schools their classroom or their relationships the field is too massive too complex too open to debate and to discussion to propose off the shelf solutions Furthermore the research referred to in this book is not presented in order to tell educators what to think but rather to inform their own thinking and to challenge some of the dominant narratives about educating the feckless poor This book is about helping educators to ask the right questions and its starting question is quite simple how can we approach the education of young people from disadvantaged backgrounds in a way that actually makes a difference for all concerned Written for policy makers and activists as well as school leaders and educators The Working Class is both a timely survey of the impact of current policies and an invaluable source of practical advice on what can be done to better support disadvantaged children in the school system Edited by Ian Gilbert with contributions from Nina Jackson Tim Taylor Dr Steven Watson Rhythmical Mike Dr Ceri Brown Dr Brian Male Julia Hancock Paul Dix Chris Kilkenny Daryn Egan Simon Paul Bateson Sarah Pavey Dr Matthew McFall Jamie Thrasivoulou Hywel Roberts Dr Kevin Ming Leah Stewart Real David Cameron Sir Al Aynsley Green Shona Crichton Floyd Woodrow Jonathan Lear Dr Debra Kidd Will Ryan Andrew Morrish Phil Beadle Jaz Ampaw Farr Darren Chetty Sameena Choudry Tait Coles Professor Terry Wrigley Brian Walton Dave Whitaker Gill Kelly Roy Leighton Jane Hewitt Jarlath O Brien Crista Hazell Louise Riley Mark Creasy Martin Illingworth Ian Loynd David Rogers Professor Mick Waters and Professor Paul Clarke

Parliamentary Debates New Zealand. Parliament, 1909

Intergenerational Support and Old Age in Africa Isabella Aboderin, 2011-12-31 In most societies of the world including in Africa responsibility for the material support of older people unable to sustain themselves through work or investments originally resided with their younger generational family members especially their adult children Aboderin explores this topic specifically for Africa In the wake of social or economic change societies experience shifts in the degree to which families support their elders Questions about the proper balance of family and state responsibility however persist

especially in light of socio demographic trends and constraints in public expenditure In most of sub Saharan Africa in contrast to other world regions economic security policies for older people have not yet been formulated despite declines in material family support along with rising poverty to which a growing elderly population is exposed In part this betrays the crucial lack of understanding about how and why these shifts in support have occurred in African societies and thus a profound uncertainty about what balance of individual family and state responsibilities will be culturally appropriate and effective in ensuring economic security for older Africans both now and in the future Aboderin aims to address these gaps in understanding She provides an empirical and theoretical analysis of the micro and macro level processes that have underpinned recent declines in old age family support in African societies and likely parameters of future familial support She also addresses more fundamental theoretical questions about how we should think about the relationships between intergenerational support norms and values and societal change Intergenerational Support in Africa will be of interest to students of African studies economic policy and theory concerning eldercare sociology and social welfare development

Psychological first aid during Ebola virus disease outbreaks World Health Organization,2024-12-03 This manual is designed to orient helpers to offer psychological first aid PFA to people affected by an Ebola outbreak PFA involves humane supportive and practical assistance for people who are distressed in ways that respect their dignity culture and abilities This document was provisionally made available in 2014 and updated in 2024 to ensure alignment of all facts on Ebola Virus Disease with the latest evidence

Fundamentals of Philosophy John Shand,2003 A comprehensive and accessible introduction to the major topics in philosophy designed to be used as a companion to any undergraduate philosophy course

Diploma in Mindfulness - City of London College of Economics - 2 months - 100% online / self-paced City of London College of Economics, Overview This diploma course deals with practical wisdom showing how mindfulness can become a vital part of daily living Content Develop constructive attitudes and become happier and healthier Incorporate mindfulness meditations into your daily routine Use mindfulness to overcome stress anger anxiety depression and more Duration 2 months Assessment The assessment will take place on the basis of one assignment at the end of the course Tell us when you feel ready to take the exam and we ll send you the assignment questions Study material The study material will be provided in separate files by email download link

Narrative CBT for Psychosis John Rhodes,Simon Jakes,2009-01-13 Designed to meet the complex needs of patients with psychosis Narrative CBT for Psychosis combines narrative and solution focused therapy with established techniques from CBT cognitive behaviour therapy into one integrated flexible approach In this book John Rhodes and Simon Jakes bring the practitioner up to date as treatment and practice evolve to draw on other therapeutic approaches creating an approach which is client centred and non confrontational The book contains many tried and tested practical ideas for helping clients with several chapters including detailed and illuminating case studies Areas of discussion include how to work with delusions voices and visions working with core beliefs an exploration of narratives of past

difficulties and traumas recovery and ending therapy Narrative CBT for Psychosis will be essential reading for all mental health professionals who deal with psychosis who wish to learn a new approach Health Care Professionalism at a Glance
Jill Thistlethwaite, Judy McKimm, 2015-05-22 Health Care Professionalism at a Glance offers accessible coverage of an increasingly important aspect of medical and health professional education This concise text includes how to identify and develop professional behaviours how they are assessed and how to challenge unprofessional behaviours Health Care Professionalism at a Glance Provides a user friendly and thought provoking overview of health care professionalism Introduces the main topics key definitions and explores aspects relevant to learners and novice professionals Considers fundamental features of professionalism that students are expected to acquire as well as how they are taught learned and assessed Includes summary boxes that highlight important points reflection points clinical cases and suggested further reading Includes references relevant to different countries accrediting bodies This important new book will assist students in understanding the nature of professionalism its assessment and the implications for professional practice

This book delves into Looking After Your Own. Looking After Your Own is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Looking After Your Own, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Looking After Your Own
- Chapter 2: Essential Elements of Looking After Your Own
- Chapter 3: Looking After Your Own in Everyday Life
- Chapter 4: Looking After Your Own in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Looking After Your Own. The first chapter will explore what Looking After Your Own is, why Looking After Your Own is vital, and how to effectively learn about Looking After Your Own.
3. In chapter 2, this book will delve into the foundational concepts of Looking After Your Own. This chapter will elucidate the essential principles that must be understood to grasp Looking After Your Own in its entirety.
4. In chapter 3, the author will examine the practical applications of Looking After Your Own in daily life. The third chapter will showcase real-world examples of how Looking After Your Own can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Looking After Your Own in specific contexts. This chapter will explore how Looking After Your Own is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Looking After Your Own. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Looking After Your Own.

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Looking After Your Own Introduction

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