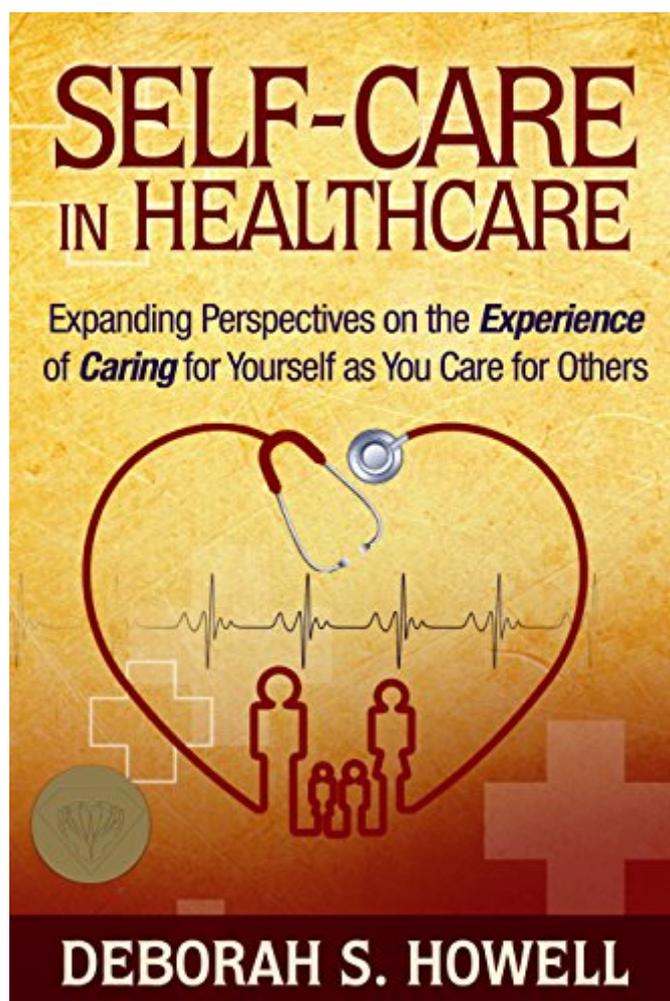


The book was found

SELF-CARE In HEALTHCARE: Expanding Perspectives On The Experience Of Caring For Yourself As You Care For Others



Synopsis

This book is a guide for health professionals, caregivers, institutions, and policy makers to explore how we define care, deliver care, experience care, manage care, and MODEL care to include the processes and politics around care. The topic of Self-Care in Healthcare is a prompt to increase our sensitivity, to shed light on how we can share in effectively and compassionately caring for one another as we take better care in our own lives. Realizations on this subject matter have risen out of personal and professional experiences of frustration and appreciation and have deeply and profoundly impacted my life both as a patient and a health practitioner. Information gathered in this book offers a variety of perspectives which link to a central theme that supports aligning our core values to help better coordinate and collaborate in the effort to put the "care" back into healthcare. Daily self-care behaviors and lifestyle habits are critical measures in preventative healthcare and in disease management. A positive change in self-care behavior, deliberate and strategic self-care practices and interventions can have significant impact on individual and global health and health care costs over time. An invitation awaits you to take a closer look at what you could be cultivating on a daily basis with your choices, habits, and behaviors.

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