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Altri autori (Persone)	MillerEmmett
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Sommario/riassunto	A Heart-to-Heart Talk to inspire caregivers to value their health and their work followed by a deep relaxation/meditation and guided imagery experience for stress reduction and healing for the caregiver. Today's caregivers are under extraordinary stress. Right now, we are all looking at the challenges of dealing with a huge aging population (every 8 seconds a baby boomer turns 65). This leads to an increasing amount of care being rendered by people who aren't health care professionals. This wonderful program speaks to all types of caregivers. It consists of a Heart-to-Heart talk, a reminder of the true source of healing, how the relationship with a caregiver can support this healing, and how important it is to recognize caregiver stress and prevent caregiver burnout. The thrust of this talk is to encourage caregivers to take the time to keep themselves healthy, physically, mentally, and emotionally.