

JOY-spirations for Caregivers Table of Contents

A Word of Welcome to Our Dear Caregiver!

Topic 1: Realities of Caregiving, Meditation: Emotions in a Box

Topic 2: Asking "Why Me?", Meditation: Welcome to Holland

Topic 3: JOY, Meditation: JOY Ribbon

Topic 4: Attitude, Meditation: Three Hairs—A New Attitude

Topic 5: Overwhelmed, Meditation: This Is the Day

Topic 6: Tough Love, Meditation: Three Frogs on a Log

Topic 7: Living With Parent, Meditation: The Wooden Bowl

Topic 8: Personal Health, Meditation: Stress Management

Topic 9: Trust, Meditation: Forced to Accept Paid Debt

Topic 10: Making a Difference, Meditation: I'm a Cracked Pot. Can I Make a Difference?

Topic 11: Time for Me, Meditation: Spa for your Soul—One Day at a Time!

Topic 12: Eating Concerns, Meditation: Who Is Your Encourager?

Topic 13: Equipped for a Purpose, Meditation: "Someone Who Cares"

Topic 14: Family Conflict, Meditation: Conflict Resolution Tips

Topic 15: Failure, Meditation: Keep Pushing

Topic 16: Financial Crisis, Meditation: Who Can Help?

Topic 17: Forgiveness, Meditation: Looking Through Cross Eyes

Topic 18: Friends, Meditation: Where's My Help?

Topic 19: Humor, Meditation: JOYzette

Topic 20: Verbal Abuse, Meditation: Aunt Gertie Strikes Again

Topic 21: Listening, Meditation: Listening, A Gift to Give

Topic 22: Loneliness, Meditation: I Tried It. Have You?

Topic 23: Long-Distance Caregiving, Meditation: Challenges and JOYS

Topic 24: Memories, Meditation: Precious Memories

Topic 25: Prayer, Meditation: Your Prayer Map

Topic 26: Nursing Home, Meditation: DIGNITY

Topic 27: Being Physically Fit, Meditation: JOYercise!

Topic 28: Swallowing Difficulty, Meditation: Don't Take Swallowing For Granted!

Topic 29: Being in the Word, Meditation: JOYful Opportunities for the Caregiver's Soul

Topic 30: Sleepless, Meditation: Good Day. . . Bad Day

Topic 31: Holidays, Meditation: It's Never Too Early to Celebrate!

Topic 32: Unscrupulous Caregiver, Meditation: Tips for Hiring Professional Caregivers

Topic 33: Alzheimer's Challenges, Meditation: Footprint in the Snow

Topic 34: Decisions, Meditation: The Hen and Her Chicks

Topic 35: Self-Worth, Meditation: No, Never!

Topic 36: Psalm 23, Meditation: My Shepherd, My Caregiver