

Introduction

*Remember that stress doesn't come from what's going on in your life.
It comes from your thoughts about what's going on in your life.*

— ANDREW BERNSTEIN

Let me ask you a question. How often do you find yourself saying, "I'm so stressed?" Every day? Every week? Has this increased over the past few years? I know that for the individuals in my world—family, friends, coworkers—the stress levels have continued to grow over the past few years with no signs of relief. Is that how you feel? Do you also feel like you have tried all the self-care you can manage? But let us be honest: sometimes trying to find time for self-care causes more stress.

I am here to tell you that *I understand*. I, too, feel this way. As caregivers and educators, we become exhausted until we have nothing left to give. We see the same in our coworkers and students, but we do not know how to help. That is why I have authored this book. This book is for you. This book is for all educators and caregivers who need stress-relief techniques that can be used personally and shared with students and coworkers. These techniques can be implemented in individual settings, small groups, classrooms, and workshops.

I hope that by having this resource, not only will you find stress relief for yourself, but you will also be able to share these techniques with others.

