

## Affirmation for busy caregivers

by Gale Lyman, RN, BSN, HNB-BC

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Affirmations allow us to add intention to even the simplest activities.

*Every step  
And every breath  
Vitalizes me  
Raises my energy  
Releases my fears and anger  
Honors my connection to all that is  
For my greater good and the greater  
good of all.*

*To all caregivers, in peace  
-Gale*

### Wise use of wellness information

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### TLC Resource Center

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Calming and centering contemplative practices for senior citizens and family caregivers from Gale Lyman, holistic nurse, freelance writer and guest speaker.

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