

Affirmation for busy caregivers

by Gale Lyman, RN, BSN, HNB-BC

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.*

*Dedicated 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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