

# Self-care for Tough Times: How to heal in times of anxiety, loss and change by Suzy Reading

'Self-care for Tough Times' addresses many of the rising mental health issues, such as anxiety, depression and burnout. The book addresses how stress and emotional trauma are held in the body and how these may be gently released through touch, movement and breath. It includes practices to promote resilience, self-worth and self-compassion. It acts as a little toolkit for self-care, especially during periods of stress, grief, loss or change.

## **Insights for Change Makers**

The book provides a deeper understanding of emotions, triggers, and coping mechanisms.

Changemakers can use it to gain practical tools and strategies to manage stress and maintain emotional well-being. This can help them avoid burnout and stay motivated. Developing emotional intelligence will also help them connect with others and build a supportive community.

## **Reviews and Criticism**

The book has a good concept and a good layout, offering tips and tricks to be a better person.

However, it is a little repetitive and lacks clarity. It also talks about yoga from a very Eurocentric, seemingly uneducated perspective.

Credits- Goodreads

Also used for reference- [Gemini AI](#)

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