



# VeteranCaregiver.com Video Resource

## Recommended Resources: Dealing with Rude People

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| Definition           | Rude people happen. You can sometimes be the rude person. Yet, if you're able to respond to rudeness rather than to react, you will preserve some of your precious and needed personal energy. Avoid drama wherever you can.  |
| Preserving Yourself  | <a href="http://lifhack.org/articles/communication/10-smart-ways-deal-with-rude-people.html">http://lifhack.org/articles/communication/10-smart-ways-deal-with-rude-people.html</a> . Pithy advice to absorb.   |
| Releasing Anger      | <a href="http://www.beliefnet.com/Wellness/Personal-Growth/Seven-Ways-to-Release-Anger-Out-of-Your-Body.aspx#">http://www.beliefnet.com/Wellness/Personal-Growth/Seven-Ways-to-Release-Anger-Out-of-Your-Body.aspx#</a><br><br><a href="http://prevention.com/mind-body/emotional-health/healthiest-ways-express-anger">http://prevention.com/mind-body/emotional-health/healthiest-ways-express-anger</a><br><br><a href="http://personaltao.com/teachings/questions/resolve-anger/">http://personaltao.com/teachings/questions/resolve-anger/</a> |
| Support Group        | Create or join a local VCG Caregiver Meetup for a safe place to share your frustrations with peers. <a href="http://www.Meetup.com">www.Meetup.com</a> .  |
| Personal Development | Audio books are free from the public library and these authors are recommended for inspiration, motivation, positive perspective, and "brain food": John C. Maxwell, Jim Rohn, Shawn Achor, Joel Osteen, Zig Ziglar, Malcolm Gladwell, Napoleon Hill, Dale Carnegie, Jeff Olson. Search for more under "Positive Psychology".   |
| Conflict Quote       | "The only real conflict you will ever have in your life won't be with others, but with yourself." - Shannon L. Alder  |