



VeteranCaregiver.com Video Resource

Recommended Resources: Self-Development & Personal Growth

- Definition** What if you considered the things you're learning each day and enhanced them with some healthy choices and habits each day? Wouldn't you then grow and develop new and interesting thoughts, habits, and perspectives over time? A habit of life-long learning, even for moments a day can keep your outlook expanding, which is keenly felt by caregivers.
- Post Traumatic Growth** "A growing body of research shows that the biggest challenges we face offer opportunities for deeper, more meaningful lives." – Shelley Levitt
<http://www.livehappy.com/science/positive-psychology/science-post-traumatic-growth>
- Reading/Audio Sources** Audio books are free from the library and you can listen off your phone while waiting for appointments. The following authors are recommended for motivation, inspiration, positive perspective, and "brain food": John C. Maxwell, Jim Rohn, Shawn Achor, Zig Ziglar, Joel Osteen, Malcolm Gladwell, Napoleon Hill, Dale Carnegie, and Jeff Olson.
- Skills Recognition** Take the time to recognize that your resourcefulness, your communications (verbal & written), your networking and outreach skills, and specific medical, pharmaceutical, and observational skills have grown as a caregiver and are of value. Seldom is learning wasted, and those skills may be used in the future.
- The Happiness Advantage** https://www.ted.com/speakers/shawn_achor Author Shawn Achor talks about happiness and our often mistaken pursuit of happiness. Studies show that when we're happy, we will achieve success, however defined. That is opposite to our usual "when I get ___, I will be happy" thoughts. This is worth your time. Brighter days ahead.