



# VeteranCaregiver.com Video Resource

## Recommended Resources: Who Am I? Maintaining Self-Identity

Definition	Maintaining your own sense of self and identity can be one of the most difficult aspects of caregiving. Regular attention to your interests/needs is crucial to personal balance over the long run. Prioritize yourself at least as much as you prioritize others. You matter to many.
Caregiver Health	Caregiver Self Check-In: Homeland Magazine <a href="http://issuu.com/adminhlm/docs/homeland_june_2015">http://issuu.com/adminhlm/docs/homeland_june_2015</a>
Caregiver Journaling	<a href="http://thecompletecaregiver.com/journal_get_started">http://thecompletecaregiver.com/journal_get_started</a>
Caregiver Fitness/Health	<a href="http://thecaregiverspace.org/3-fitness-tips-just-caregivers/">http://thecaregiverspace.org/3-fitness-tips-just-caregivers/</a>
Professional Connection	LinkedIn online networking and create or join a local professional Meetup in addition to a Caregiver Meetup to keep your knowledge current. <a href="http://www.Meetup.com">www.Meetup.com</a> .
Personal Development	Audio books are free from the library and you can listen off your phone while waiting. 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.
Spirituality & Health	<a href="http://spiritualityhealth.com/magazine">http://spiritualityhealth.com/magazine</a>
Faith & Health	<a href="http://ideas.time.com/2012/05/31/how-faith-and-health-go-hand-in-hand/">http://ideas.time.com/2012/05/31/how-faith-and-health-go-hand-in-hand/</a>
Music & Health	<a href="http://www.huffingtonpost.com/2015/02/02/music-and-health-rock-on_n_6573132.html">http://www.huffingtonpost.com/2015/02/02/music-and-health-rock-on_n_6573132.html</a>
Creative Arts & Health	<a href="https://www.psychologytoday.com/blog/arts-and-health">https://www.psychologytoday.com/blog/arts-and-health</a>
Wholeness Quote:	“For those of you who struggle with guilt regarding self-care, answer this question: What greater gift can you give to those you love than your own wholeness?” – Shannon Tanner, Worthy: <a href="#"><u>The POWER of Wholeness</u></a>