



# VeteranCaregiver.com Video Resource

## Recommended Resources: Saying NO

Definition	Learning to prioritize yourself as least as much as you prioritize others is a challenging skill for a caregiver to learn. Knowing what is important to you, needed by others, and mindful about those around you is vital. You cannot do it all if you don't learn to judiciously say No. It can be very empowering and powerful. Value yourself enough to say No sometimes...
Caregiver Stress	<a href="http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784">http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784</a>
Coping with No	<a href="http://www.coping-with-stress.org/how-to-say-no.html">http://www.coping-with-stress.org/how-to-say-no.html</a>
Saying No to Family And Friends	<a href="http://www.wisebread.com/5-ways-to-say-no-to-friends-and-family">http://www.wisebread.com/5-ways-to-say-no-to-friends-and-family</a>
Valuing Yourself	<a href="http://www.huffingtonpost.com/margaret-paul-phd/how-to-love-yourself_b_3639075.html">http://www.huffingtonpost.com/margaret-paul-phd/how-to-love-yourself_b_3639075.html</a>
Love, Honor, & Value	<a href="http://www.amazon.com/Love-Honor-Value-Challenges-Caregiving/dp/1892123568/ref=sr_1_1?s=books&amp;ie=UTF8&amp;qid=1436481363&amp;sr=1-1&amp;keywords=love%2C+honor%2C+and+value+in+books">http://www.amazon.com/Love-Honor-Value-Challenges-Caregiving/dp/1892123568/ref=sr_1_1?s=books&amp;ie=UTF8&amp;qid=1436481363&amp;sr=1-1&amp;keywords=love%2C+honor%2C+and+value+in+books</a>
Self-Worth	<a href="http://elitedaily.com/life/motivation/your-self-worth-is-everything/">http://elitedaily.com/life/motivation/your-self-worth-is-everything/</a>
Videos	<a href="https://www.youtube.com/watch?v=hz3ycEoHp0k">https://www.youtube.com/watch?v=hz3ycEoHp0k</a> CG <a href="https://www.youtube.com/watch?v=FtPRrn5nwAo">https://www.youtube.com/watch?v=FtPRrn5nwAo</a> Non-CG <a href="https://www.youtube.com/watch?v=H8eP99neOVs">https://www.youtube.com/watch?v=H8eP99neOVs</a> Non-CG

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