



VeteranCaregiver.com Video Resource

Recommended Resources: Relieving Caregiver Guilt

Definition	Caregivers are often conflicted on their caregiver journey and there are some very tough days, along with positive ones. Guilty feelings over wanting respite, escape, or a different choice is normal. If guilty feelings are weighing you down, please seek help. A good therapist will understand your strain and work to provide you workable solutions.
Note:	Many resources are for eldercare, but the points made are valid & we encourage peer support to bridge the gaps.
Caregiver Stress	http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784
Coping with Guilt	http://caregiverrelief.com/caregiver-anger-and-guilt/ http://health.usnews.com/health-news/patient-advice/articles/2015/05/22/coping-with-caregiver-guilt
Valuing Yourself	http://www.huffingtonpost.com/margaret-paul-phd/how-to-love-yourself_b_3639075.html
Overcoming CG Guilt	http://www.m.webmd.com/a-to-z-guides/caregiver-14/overcoming-guilt https://www.caring.com/articles/7-deadly-emotions-of-caregiving
Self-Worth	http://elitedaily.com/life/motivation/your-self-worth-is-everything/
Videos	https://www.youtube.com/watch?v=h3ycEoHp0k CG https://www.youtube.com/watch?v=V9LBf5ba9I8 Training

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