



VeteranCaregiver.com Video Resource

Recommended Resources: Would, Could, Will

Definition:

This method is defined as a motivational tool to assist in helping your health and wellness, relationships, and personal growth. Small changes for the good, that accumulate over long periods of time, could have a profound impact on your life. It implies making good daily health choices and that these small choices come down to whether you would make a healthy choice, actively decide if you could enact them in your life, and will see it through.

Quote:

“The doors we open and close each day decide the lives we live.” Flora Whitemore

Resources:

Healthy Food Choices

<http://familydoctor.org/familydoctor/en/prevention-wellness/food-nutrition/healthy-food-choices/nutrition-how-to-make-healthier-food-choices.html>

Health and Wellness

<http://healthandwellnessmagazine.net/>

Relationships

<http://www.apa.org/helpcenter/healthy-relationships.aspx>

Healthy Lifestyle

<http://www.mayoclinic.org/healthy-lifestyle>

Video Resources:

Small Changes

<https://www.youtube.com/watch?v=5e6E0EEWncE>

Slight Edge Summary

<https://www.youtube.com/watch?v=bi7yB7wH3to>

Will Power

https://www.youtube.com/watch?v=W_fQvcBCNbA

Vitality & Discipline

<https://www.youtube.com/watch?v=Dp4GG6eZLjk>

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