



VeteranCaregiver.com Video Resource

Recommended Resources: Care Givers & Time Management

Definition: Care givers are often quite hard on themselves and look at more what they didn't do today, rather than what they accomplished. Time is a resource you can't buy, trade, sell, or hoard for another day, so knowing how to evaluate time more wisely and realistically lift the self-pressure. Start by evaluating your time spent for two days into increments of 10 to 15 minute intervals and see where you can carve time out for yourself. You will slowly find a way to take command and control of time with some reflection, much trial and error, and careful reinforced planning.

Quote: "Either you run the day, or the day runs you." - Jim Rohn

Resources: <https://www.caring.com/articles/caregiver-time-management>

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784>

<http://www.assisted-living-directory.com/blog/index.php/successful-time-management-10-practical-tips-caregiver/>

Video Resources:

Jim Rohn <https://www.youtube.com/watch?v=t2R9rwaHbxk>

Rory Vaden <https://www.youtube.com/watch?v=y2X7c9TUQJ8>

Time Tips <https://www.youtube.com/watch?v=go5Xyul7DkA>

Stephen Covey <https://www.youtube.com/watch?v=ktlITxC4QG8g>

Proprietary Recommended Resource List by VeteranCaregiver, a division of WiseHealth, Inc. May be shared with attribution and all resources should be researched by the user for individual benefit. All rights reserved. Updated December 2015.