



# VeteranCaregiver.com Video Resource

## Recommended Resources: RELAX and Find Respite

### Definition:

Respite, Relaxation, & Rest are best managed by you and when you are set to enjoy it. Often, getting a few hours of break from caregiving is good, but doesn't allow the emotional state of your mind to be there and allow true respite to happen. Ease this by deliberately planning and scheduling with family members and helping them understand how important it is for you to have this. You are far too important to burn out repeatedly and by seeking planned relaxation, you will be far healthier for doing so.

### Quote:

" Don't underestimate the value of Doing Nothing, of just going along, listening to all the things you can't hear, and not bothering." ~*Pooh's Little Instruction Book*, inspired by A.A. Milne

### Resources

#### Respite Services

<http://archrespite.org/>

National Respite Network and Resource Center

#### VA Caregiver Support

[http://www.caregiver.va.gov/support/support\\_services.asp](http://www.caregiver.va.gov/support/support_services.asp)

<http://www.wvfs.org/respite-care/respite-care>

### Video Resources:

#### Taking Care of Yourself

<https://www.youtube.com/watch?v=l0w8M4seLDE>

#### General Respite

<https://www.youtube.com/watch?v=QjY0JpCXrxc>

#### Time Management

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

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