



# VeteranCaregiver.com Video Resource

## Recommended Resources: Energy and Drama

### Definition:

Caregiving requires a lot of energy and often times, excess drama is created when the primary caregiver is exhausted and tired. Often a simple glance or a misspoken word can become a complete drama filled event. The ups and downs will exhaust and waste precious energy. Determine the level needed from the video and apply it to your situation. Not everything is Category 4...

### Resources:

Caregiver Care

<http://www.focusonthefamily.com/lifechallenges/life-transitions/becoming-your-loved-ones-caregiver/caregivers-need-to-care-for-themselves>

<http://www.aarp.org/home-family/caregiving/info-2014/ways-for-caregivers-to-nurture-themselves.html>

Caregiver Stress

<http://www.webmd.com/balance/stress-management/caregiver-advice-cope>

Drama Triangle

<https://www.createagreatlife.org/drama-triangle>

Energy Boosters

<http://www.aarp.org/home-family/caregiving/info-2014/energy-boosters-sleepy-caregivers.html>

Examine Stress Reaction

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-management/art-20044289?pg=1>

### Video Resources:

TED Talk on Stress

[https://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend?language=en](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en)

### Quote:

“In most families, care-giving becomes the woman's responsibility. While care-giving can enrich you, it can also deplete you if you don't have support or make time for self care.” - Kathleen A. Kendall-Tackett

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