



VeteranCaregiver.com Video Resource

Recommended Resources: Logic or Illogical

Definition:

Logic is something that forces a decision apart from or in opposition to reason. During our everyday lives we make decisions that are either logical or illogical. Often times emotions play a role in how we determine whether the situation is logical or illogical. When caregiving, the line between logical and illogical is often blurred due to lack of sleep, and miscommunication, know when a step back is necessary.

Resources:

Logic & Emotions

<https://www.psychologytoday.com/blog/the-divided-mind/201207/logic-and-emotion>

<http://www.forbes.com/sites/victorhwang/2013/03/27/what-s-better-for-business-logic-or-feelings-answers-from-neuroscience/#2715e4857a0b22d80aa12535>

Logical vs. Illogical

<http://philipnewey.blogspot.com/2013/03/logical-illogical-and-non-logical.html>

Change your mood

<https://www.caring.com/articles/musiefor-bad-day-playlist>

Self-Care

<https://www.caregiver.org/taking-care-you-self-care-family-caregivers>

Video Resources:

Tedx Logic & Emotions

<https://www.youtube.com/watch?v=TNFJ3Zhy0Z4>

Quote: When dealing with people, remember you are not dealing with creatures of logic, but creatures of emotion. “- Dale Carnegie

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