



VeteranCaregiver.com Video Resource

Recommended Resources: The Art of Overlooking

Definition:

The art of overlooking refers to knowing when to let something go. This means that you should learn to understand what is important and what is not. You should not be wasting time on trivialities and concentrate on important aspects of your life, career etc. Time spent on trivialities is not productive and time lost, which could have been spent better.

Resources:

Choose your battles

<https://www.psychologytoday.com/blog/stronger-the-broken-places/201312/why-you-shouldn-t-pick-your-battles>

<http://www.msnewsnow.com/story/5413618/alleviating-caregiver-stress-choose-your-battles>

<http://www.prevention.com/health/brain-health/choose-your-battles>

Caregiver Coping

http://www.brainline.org/content/2009/09/caregiver-coping-strategies_pageall.html

Avoid Family Conflict

<https://www.agingcare.com/Articles/handling-family-conflicts-while-caregiving-162008.htm>

<http://www.aarp.org/home-family/caregiving/info-07-2013/family-conflict-and-caregiving-jacobs.html>

Quote:

“The art of being wise is knowing what to overlook.” - William James

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