



## VeteranCaregiver.com Video Resources

### Recommended Resources: Life is NOT a Dress Rehearsal

#### Resources

<https://www.psychologytoday.com/articles/200811/the-art-now-six-steps-living-in-the-moment>

<http://www.becomingminimalist.com/10-tips-to-start-living-in-the-present/>

<http://www.rd.com/health/wellness/10-steps-to-mindfulness/>

<http://www.raptitude.com/2014/03/present-moment-benefits/>

<http://tinybuddha.com/blog/21-tips-to-release-self-neglect-and-love-yourself-in-action/>

<http://deepexistence.com/21-inspiring-quotes-on-focused-living/>

<https://www.psychologytoday.com/blog/high-octane-women/201205/50-quotes-help-you-live-you-were-dying>

#### Videos

<https://www.youtube.com/watch?v=arj7oStGLkU>

<https://www.youtube.com/watch?v=sAJVfEaaw3w>

<https://www.youtube.com/watch?v=fxbCHn6gE3U>

<https://www.youtube.com/watch?v=7du0wCteb-k>

#### Quote

“Don’t put off for tomorrow what you can do today because if you enjoy it today, you can do it again tomorrow.”

- James A. Michener