



## VeteranCaregiver.com Video Resources

### Recommended Resources: The Waste of Worry

#### Resources

<http://www.lifehack.org/articles/lifestyle/biggest-waste-of-time-in-your-life.html>

<https://www.forbes.com/forbes/welcome/?toURL=https://www.forbes.com/sites/joshlinkner/2015/10/12/the-math-of-worrying/&refURL=https://www.google.com/&referrer=https://www.google.com/>

<https://tinybuddha.com/fun-and-inspiring/worry-is-a-waste-of-time/>

<http://www.psychology-solution.com/anxiety/worrying>

<https://www.quora.com/Is-worrying-a-waste-of-time>

<http://www.iol.co.za/entertainment/celebrity-news/how-much-time-do-you-spend-worrying-1904679>

[http://www.huffingtonpost.com/don-joseph-goewey-/85-of-what-we-worry-about\\_b\\_8028368.html](http://www.huffingtonpost.com/don-joseph-goewey-/85-of-what-we-worry-about_b_8028368.html)

<https://www.wesmoss.com/news/5-signs-you-spend-too-much-time-worrying/>

<http://www.webmd.com/balance/guide/how-worrying-affects-your-body#1>

[http://www.health.harvard.edu/staying-healthy/anxiety\\_and\\_physical\\_illness](http://www.health.harvard.edu/staying-healthy/anxiety_and_physical_illness)



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