



VeteranCaregiver.com Video Resources

Recommended Resources: More About Saying No

Resources

<https://www.fastcompany.com/3053996/your-ultimate-guide-to-saying-no-to-people-you-cant-say-no-to>

<https://tinybuddha.com/blog/stop-saying-yes-want-say-no/>

<https://www.realsimple.com/work-life/10-guilt-free-strategies-for-saying-no>

<https://thecaregiverspace.org/rule-rules-boundaries-caregiving/>

<https://www.daughterhood.org/5-lessons-in-setting-boundaries-that-every-caregiver-must-learn/>

https://www.huffingtonpost.com/anne-tumlinson/lessons-for-caregivers_b_8964818.html

<http://dailycaring.com/healthy-caregiver-boundaries-are-essential-for-self-care-5-useful-tips/>

<http://www.midnightsuncare.com/blog/how-to-establish-healthy-boundaries-in-a-caregiving-relationship/>

<https://www.caregiver.org/dementia-caregiving-and-controlling-frustration>

<http://www.lifehack.org/articles/communication/the-gentle-art-of-saying-no.html>



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