



VeteranCaregiver.com Video Resource

Recommended Resources: The Art of Overlooking

Definition: The art of overlooking refers to knowing when to let something go. It means learning how to prioritize the important things in your life, and lessen the time spent on trivial things that won't matter to you in the future.

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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