



Recommended Resources for Video: Mentally Nourish to Flourish

Overview: Create a Nourishment Center in your smartphone or a small notebook and add favorite photos, music, quotes, verses that bring you happiness and refer to them when you need a reset even for five minutes; in time this reset will become your default mindset.

Resources

<http://www.the6healthyhabits.com/nourish-your-mind.html>

<http://www.spiritualityandhealthconnect.com/2016/02/24/nourish-your-thinking-its-good-for-your-health/>

<http://alishagratehouse.com/10-ways-to-nourish-your-soul/>

<http://www.womansday.com/health-fitness/wellness/a5796/8-reasons-to-schedule-me-time-123100/>

<http://www.collective-evolution.com/2015/03/25/why-me-time-matters-5-reasons-to-treasure-solitude/>

http://www.heart.org/HEARTORG/Caregiver/Refresh/Top10TipstoRefreshYourself/Top-10-Tips-to-Refresh-Yourself_UCM_301810_Article.jsp#.VvnNReIrKM8

Videos:

<https://www.youtube.com/watch?v=0yFeXnviIN8>

<https://youtu.be/m8I9LA1DeN0>

<https://www.youtube.com/watch?v=y8lka1FYG90>

<https://www.youtube.com/watch?v=b4M7Ueh075o>

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