



VeteranCaregiver.com Video Resources

Recommended Resources:

Negative Self-Talk & Positive Self-Image

Resources

<http://www.collective-evolution.com/2016/02/16/be-careful-what-you-say-the-effects-of-negative-self-talk/>

<http://elitedaily.com/life/negative-thoughts-yourself/981879/>

<http://health.usnews.com/health-news/blogs/eat-run/2015/06/09/how-negative-self-talk-is-killing-your-health-and-weight-loss-goals>

<http://brainspeak.com/how-negative-self-talk-sabotages-your-health-happiness/>

<http://www.webmd.com/balance/features/negative-self-talk#1>

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>

<http://refugecenter.org/transforming-negative-self-talk-with-positive-affirmation/>

<http://dailyburn.com/life/lifestyle/negative-self-talk-self-esteem-tips/>

<http://www.blackstarnews.com/health/health/countering-negative-self-talk-with-positive-self-talk.html>

<http://www.mtstcil.org/skills/image-3.html>

<http://www.more-selfesteem.com/selfimage.htm>