



VeteranCaregiver.com Video Resource

Recommended Resources: Saying NO

Definition	Learning to prioritize yourself as least as much as you prioritize others is a challenging skill for a caregiver to learn. Knowing what is important to you, needed by others, and mindful about those around you is vital. You cannot do it all if you don't learn to judiciously say No. It can be very empowering and powerful. Value yourself enough to say No sometimes...
Caregiver Stress	http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784
Coping with No	http://www.coping-with-stress.org/how-to-say-no.html
Saying No to Family And Friends	http://www.wisebread.com/5-ways-to-say-no-to-friends-and-family
Valuing Yourself	http://www.huffingtonpost.com/margaret-paul-phd/how-to-love-yourself_b_3639075.html
Love, Honor, & Value	http://www.amazon.com/Love-Honor-Value-Challenges-Caregiving/dp/1892123568/ref=sr_1_1?s=books&ie=UTF8&qid=1436481363&sr=1-1&keywords=love%2C+honor%2C+and+value+in+books
Self-Worth	http://elitedaily.com/life/motivation/your-self-worth-is-everything/
Videos	https://www.youtube.com/watch?v=hz3ycEoHp0k CG https://www.youtube.com/watch?v=FtPRrn5nwAo Non-CG https://www.youtube.com/watch?v=H8eP99neOVs Non-CG

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