



VeteranCaregiver.com Video Resources

Recommended Resources: Try NEW Things

Resources

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-blog/get-into-the-habit-of-trying-new-things/bgp-20095803>

<http://www.beliefnet.com/columnists/everydayinspiration/2014/03/the-benefits-of-trying-new-things.html>

http://content.time.com/time/specials/2007/article/0,28804,1631176_1630611_1630586,00.html

<https://healthpsych.com/the-value-of-trying/>

<http://www.popsugar.com/smart-living/Why-You-Should-Try-New-Things-37524344#interstitial-0>

<http://www.cpa.com/blog/value-trying-5-new-things-month>

<https://www.lifestyleupdated.com/2012/05/11/learning-something-new-7-benefits/>

https://www.ted.com/talks/matt_cutts_try_something_new_for_30_days?language=en

<http://compassfitnesskingston.com/2015/05/06/importance-trying-new-things/>

<https://www.quora.com/Why-are-most-people-afraid-to-try-new-things-in-life>

<https://familyshare.com/old-dog-new-tricks-finding-courage-to-try-new-things>



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