

## VeteranCaregiver.com Video Resources

## Recommended Resources: Life is NOT a Dress Rehearsal

Resources https://www.psychologytoday.com/articles/200811/the-art-

now-six-steps-living-in-the-moment

http://www.becomingminimalist.com/10-tips-to-start-living-in-

the-present/

http://www.rd.com/health/wellness/10-steps-to-mindfulness/

http://www.raptitude.com/2014/03/present-moment-benefits/

http://tinybuddha.com/blog/21-tips-to-release-self-neglect-

and-love-yourself-in-action/

http://deepexistence.com/21-inspiring-quotes-on-focused-

living/

https://www.psychologytoday.com/blog/high-octane-

women/201205/50-quotes-help-you-live-you-were-dying

Videos <a href="https://www.youtube.com/watch?v=arj7oStGLkU">https://www.youtube.com/watch?v=arj7oStGLkU</a>

https://www.youtube.com/watch?v=sAJVfEaaw3w

https://www.youtube.com/watch?v=fxbCHn6gE3U

https://www.youtube.com/watch?v=7du0wCteb-k

Quote "Don't put off for tomorrow what you can do today because if

you enjoy it today, you can do it again tomorrow."

- James A. Michener

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