

Video Resources



Gratitude and Hope

Resources: http://happierhuman.com/benefits-of-gratitude/

http://www.webmd.com/women/features/gratitute-health-

<u>boost</u>

http://www.livehappy.com/sites/default/files/LH1412 GRATIT

UDE_sm.pdf

https://www.dana-farber.org/uploadedFiles/Library/adult-care/treatment-and-support/support/for-caregivers/the-experience-of-caregiving/taking-care-of-yourself.pdf

http://www.forbes.com/sites/amymorin/2014/11/23/7-scientifically-proven-benefits-of-gratitude-that-will-motivate-

you-to-give-thanks-year-round/#6

http://www.newsweek.com/5-scientifically-proven-benefits-

gratitude-398582

http://www.care-

givers.com/pages/inspiration/morequotes2.html

Videos https://www.youtube.com/watch?v=TjkkAZn53SI

https://www.youtube.com/watch?v=02tcb7b34do

https://www.youtube.com/watch?v=Pr5o6TNTNao

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

Proprietary Resource List by Blue Star Families with VeteranCaregiver.com. May be shared with attribution and all resources should be researched by the user for individual benefit. All rights reserved. Updated October 2015.