

VeteranCaregiver.com Video Resources

Recommended Resources: Personal Balance

Resources

http://www.takeonestep.org/Pages/yourlife/findingpersonalbalance.aspx

http://a-balanced-life.yoexpert.com/a-balanced-lifegeneral/how-is-finding-personal-balance-achieved-and-why-i-42532.html

https://www.mycaregiverconnection.org/single-post/2016/03/15/Finding-Personal-Balance-While-Caring-for-Others

https://www.caregiver.org/taking-care-you-self-care-family-caregivers

http://www.webmd.com/alzheimers/features/working-and-caregiving#1

http://www.drnorthrup.com/how-to-care-for-yourself-when-caring-for-loved-ones/

https://healdove.com/wellness/PREVENT-BURNOUT-TIPS-FOR-CAREGIVER-SELF-CARE

http://self-compassion.org/exercise-8-taking-care-caregiver/

http://www.usmc-mccs.org/articles/are-you-suffering-from-caregiver-burnout/

http://www.huffingtonpost.com/amy-goyer/encourage-caregivers- b 8594544.html

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