



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-life-general/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>