



Recommended Resources for Video: Faith and Caregiving

Overview: “Faith has to do with things that are not seen, and hope with things that are not in hand.” - Saint Thomas Aquinas

When Caregiving situations get stressful, oftentimes we fall back on faith. Faith that things will be alright at the doctors, or even faith to just have the strength to get through that particular day. Prayer and reflection can help relieve some stress of the daily caregiving by providing that mental break to refresh the mind, body and spirit.

Resources <http://www.focusonthefamily.com/lifechallenges/life-transitions/becoming-your-loved-ones-caregiver/caregivers-need-to-care-for-themselves>

<http://www.healthcentral.com/alzheimers/c/62/178840/caregivers-relieve-stress/>

<http://adrenalfatiguesolution.com/faith-and-stress/>

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044464>

<http://www.aarp.org/relationships/caregiving/info-06-2010/crc-10-caregiver-stress-managment-tips.html>

<http://www.mayoclinic.org/caregiving-and-gratitude/expert-blog/bgp-20055918>

<http://www.aarp.org/home-family/friends-family/info-2015/prayer-god-religion-christianity.html>

Videos: <https://www.youtube.com/watch?v=eKMabl8tJ4>

<http://bcove.me/ptuzv0ie>

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