



VeteranCaregiver.com Video Resources

Recommended Resources: Digital Detox

It is possible to be connected to the digital world 24/7/365. In this video, we talk about the pros and cons of our society being so “online and connected” and the effects on our children and family life. Addictions of any kind detract from healthy living; perhaps take a look at a weekly 4 hour “digital detox” and see what happens!

Resources: <http://www.safebee.com/quizzes/tech/quiz-time-digital-detox/>

http://www.mothinginthemiddle.com/digital-detox-every-family-7-tips/#.Vyjp5_krK70

http://www.huffingtonpost.com/lori-osterberg/digital-detox_b_8361700.html

<http://www.forbes.com/sites/francesbooth/2015/02/03/30-reasons-to-do-a-digital-detox/#6e53331f6b42>

<http://www.healthguidance.org/entry/16593/1/Digital-Detox--Health-and-Relationship-Benefits-of-Pulling-the-Plug.html>

<http://www.fastcompany.com/3049138/most-creative-people/what-really-happens-to-your-brain-and-body-during-a-digital-detox>

<http://liveyourvie.com/my-soul/top-health-happiness-benefits-digital-detox-cleanse/>

Videos

<https://www.youtube.com/watch?v=vx7fVEHZtj0>

<https://www.youtube.com/watch?v=RiGOWprgBo0>

<https://www.youtube.com/watch?v=QoxK-B4eBlo>

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