



VeteranCaregiver.com Video Resources

Recommended Resources: Caregiver Physical & Emotional Wellness

Resources

<http://www.examiner.com/article/caregiver-wellness-tips-to-improve-your-physical-wellness>

<https://www.linkedin.com/pulse/caregiver-wellness-tips-improve-your-physical-well-being-green>

<http://familydoctor.org/familydoctor/en/seniors/caregiving/caregiver-health-and-wellness.html>

http://caregiversupportservices.com/Caregiver_Wellness/Caregiver_Wellness_U_Model/

<http://www.helpingyoucare.com/answersforcare%E2%84%A2/wellness-healthy-living-for-seniors-caregivers/other-areas-of-wellness-emotional-ethical-spiritual-vocational-wellness>

<http://health.mil/Military-Health-Topics/Conditions-and-Treatments/Warrior-Care/Military-Caregiver-Resources>

<http://warriorcare.dodlive.mil/caregiver-resources/>

<https://www.facebook.com/OperationLiveWell/>

http://www.militaryonesource.mil/confidential-help/other-services-and-counseling?content_id=282404

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

http://well.blogs.nytimes.com/2010/01/21/who-takes-care-of-the-caregiver/?_r=0

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