



VeteranCaregiver.com Video Resource

Recommended Resources: Caregiver Self-Compassion

- Resources
- <http://self-compassion.org/self-compassion-for-caregivers/>
 - http://www.huffingtonpost.com/kristin-neff/caregivers_b_1503545.html
 - <http://thecaregiverspace.org/self-compassion-mindfulness/>
 - <http://www.onbeing.org/blog/sharon-salzberg-care-for-the-caregiver-the-importance-of-self-compassion/8701>
 - <http://dailycaring.com/give-yourself-a-break-try-self-compassion-for-caregivers/>
 - <http://www.giftfromwithin.org/html/Compassion-Fatigue-What-Veteran-Caregivers-Need-to-Know.html>
 - <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/understanding-overcoming-compassion-fatigue.pdf> Webinar by DCoE
 - <http://tinybuddha.com/blog/self-compassion-learning-to-be-nicer-to-ourselves/>
- Videos
- <https://www.youtube.com/watch?v=CUK4FSTqilo>
 - https://www.youtube.com/watch?v=lvTZBUSplr4&list=PLPMaNduqVSfJHJXU56yJxCBBpB_vKEA92 Kristin Neff Series
 - <https://www.youtube.com/watch?v=-kfUE41-JFw> A Self-Compassion Exercise
 - <https://www.youtube.com/watch?v=YFhcNPjIMjc>