



VeteranCaregiver.com Video Resources

Recommended Resources: Fix Burnout Before It Fixes You

- Resources: <http://www.webmd.com/women/caregiver-recognizing-burnout>
- <http://www.helpguide.org/articles/stress/caregiving-stress-and-burnout.htm>
- <https://www.caring.com/articles/caregiver-burnout-quiz>
- http://www.caregiver.com/articles/caregiver/caregiver_burnout.htm
- <http://www.caregiverstress.com/stress-management/signs-of-stress/>
- <http://www.webmd.com/healthy-aging/caregiver-14/slideshow-caregiver-burnout>
- <http://www.rd.com/health/wellness/caregiver-burnout/>
- [https://www.army.mil/article/96120/PTSD and its role reversal effect on family caregivers](https://www.army.mil/article/96120/PTSD_and_its_role_reversal_effect_on_family_caregivers)
- Podcast <http://www.blogtalkradio.com/hopeforthewarriors/2013/11/20/caring-for-the-military-caregiver>
- Videos <https://www.youtube.com/watch?v=oS7CxoJZIBM>
- <https://www.youtube.com/watch?v=LgsY7poLOYk&list=PLWUkoxFQRNwRIHae8gGrnYPGqZrbiwzEj> Series of 200 videos



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