



VeteranCaregiver.com Video Resources

Recommended Resources: Debilitating Anxiety?

Resources

<https://www.youtube.com/watch?v=cbHBZWbEk8A>

<https://psychcentral.com/lib/top-10-lesser-known-self-help-strategies-for-anxiety/>

<http://www.npr.org/2012/07/03/156200170/monkey-mind-when-debilitating-anxiety-takes-over>

http://www.cnn.com/2007/HEALTH/conditions/08/13/caregiver.syndrome/index.html?_s=PM:HEALTH

<http://www.veteransdisabilityinfo.com/anxiety.php>

<https://www.adaa.org/living-with-anxiety/military-military-families/tips-soldiers-and-veterans>

<https://www.mentalhealth.va.gov/anxiety.asp>

<http://milvetsrc.org/6-facts-you-should-know-about-anxiety-disorders/>

<http://www.nolo.com/legal-encyclopedia/how-the-va-rates-service-connected-mental-disability.html>

<https://www.adaa.org/living-with-anxiety/military-military-families>

<http://swampland.time.com/2013/11/05/anxiety-disorders-on-the-rise-in-the-ranks/>



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