



VeteranCaregiver.com Video Resources

Recommended Resources:
Risk Connecting to Others

Resources

<http://www.heysigmund.com/vulnerability-the-key-to-close-relationships/>

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860>

<http://www.emmaseppala.com/connect-thrive-infographic/>

http://www.health.harvard.edu/newsletter_article/the-health-benefits-of-strong-relationships

<http://www.independent.co.uk/life-style/health-and-families/features/the-loneliness-epidemic-more-connected-than-ever-but-feeling-more-alone-10143206.html>

<http://www.matthewrippesyoung.com/blog/2014/01/29/Taking-a-Risk-and-Connecting.aspx>

<http://www.happify.com/hd/why-friends-make-us-happier/>

<http://www.livescience.com/53315-how-friendships-are-good-for-your-health.html>

<http://www.webmd.com/healthy-aging/guide/good-friends-are-good-for-you#1>

<http://www.oprah.com/relationships/the-hidden-benefits-of-friendship>

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