



## VeteranCaregiver.com Video Resources

### Recommended Resources: Caregiving, Faith, and Spirituality

#### Resources

<http://www.eldercarelink.com/Other-Resources/Caregiving-Support/spirituality-in-americas-caregiving-community.htm>

[http://www.caregiverresource.net/pdfs/Spiritual Practices for Caregivers.pdf](http://www.caregiverresource.net/pdfs/Spiritual_Practices_for_Caregivers.pdf)

<https://www.forbes.com/sites/glennllopis/2013/08/19/5-ways-leaders-keep-hope-alive-in-difficult-times/#132422b0431f>

<http://www.chopra.com/articles/5-ways-to-cultivate-faith-when-times-are-tough>

<http://www.crosswalk.com/faith/spiritual-life/how-to-find-strength-in-tough-times.html>

<http://www.aarp.org/home-family/voices/black-community/info-2017/connect-caregivers-to-community.html>

<https://www.stephenministries.org/> Call for local churches

<http://myfaithradio.com/2017/self-care-self-centered/>

<http://www.the90saesthetic.com/blog/2017/4/12/self-care-tip-10-faith>

<http://slicesoflifepodcast.com/slices-of-life/2017/7/7/episode-54-self-care-vs-self-comfort>

[https://www.huffingtonpost.com/andrea-pennington-md/caregiver-overwhelm-7-str\\_b\\_8090198.html](https://www.huffingtonpost.com/andrea-pennington-md/caregiver-overwhelm-7-str_b_8090198.html)



## [VeteranCaregiver.com](http://VeteranCaregiver.com) Video Resources