



## VeteranCaregiver.com Video Resources

### Recommended Resources: Physical Fitness/Emotional Health

#### Resources

<https://familydoctor.org/mindbody-connection-how-your-emotions-affect-your-health/>

<https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>

<http://www.apa.org/monitor/2011/12/exercise.aspx/>

<https://psychcentral.com/lib/the-relationship-between-mental-and-physical-health/>

[https://www.huffingtonpost.com/2013/03/27/mental-health-benefits-exercise\\_n\\_2956099.html](https://www.huffingtonpost.com/2013/03/27/mental-health-benefits-exercise_n_2956099.html)

<https://www.mentalhealth.org.uk/a-to-z/p/physical-health-and-mental-health>

<http://fitstar.com/5-ways-physical-health-impacts-mental-health/>

<https://www.psychologytoday.com/blog/when-your-adult-child-breaks-your-heart/201410/9-lifestyle-factors-can-affect-your-mental>

<http://www.completecounselingsolutions.com/articles/119/How-does-physical-health-affect-mental-health%3F>

<http://fgcnw.org/the-connection-between-mental-health-and-physical-health/>

<http://exerciseright.com.au/the-fundamental-connection-between-physical-and-mental-health/>



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

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