



VeteranCaregiver.com Video Resources

Recommended Resources: Burnout Calmers

Resources

http://www.huffingtonpost.com/entry/how-to-be-happier-next-year_us_58581b27e4b039044709a942

http://www.huffingtonpost.com/entry/are-you-at-risk-for-burnout-check-yourself-for-these_us_57f71d4be4b0d786aa52ae5a

<https://www.lakanto.com/headed-towards-adrenal-emotional-burnout-symptoms/>

<http://www.chicagotribune.com/lifestyles/sc-fam-work-burnout-remedy-family-0405-20160309-story.html>

<https://www.helpguide.org/articles/stress/caregiver-stress-and-burnout.htm>

<http://www.kiplinger.com/article/retirement/T013-C000-S004-managing-stress-a-must-for-caregivers.html>

<http://www.brightfocus.org/alzheimers/news/managing-stress-caring-caregiver>

<http://www.today.com/health/caregiver-stress-relief-15-martyr-free-must-dos-l522344>

<http://www.healthywomen.org/content/article/why-pets-make-great-caregiving-companions>

<https://www.caregivers.com/blog/2017/04/the-healing-power-of-pets/>

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