



## VeteranCaregiver.com Video Resources

### Recommended Resources: DARE to be Happy

Overview	Caregivers may have difficulty in seeking their own happiness despite the value of wholeness to the relationship. Caregivers may neglect their seeking happiness after months/years of giving to others. Dare to be happy starting today!
Resources	<p><a href="http://www.livehappy.com/practice/dare-be-happy">http://www.livehappy.com/practice/dare-be-happy</a></p> <p><a href="http://www.huffingtonpost.com/2014/02/22/daily-meditation_n_4833789.html">http://www.huffingtonpost.com/2014/02/22/daily-meditation_n_4833789.html</a></p> <p><a href="http://www.more.com/health/wellness/dare-be-happy">http://www.more.com/health/wellness/dare-be-happy</a></p> <p><a href="http://carenovatemag.com/5-ways-make-caregiver-happy-spread-caregiving-happiness/">http://carenovatemag.com/5-ways-make-caregiver-happy-spread-caregiving-happiness/</a></p> <p><a href="http://caregiverswithhope.com/2016/03/07/what-is-hope-for-the-caregiver/">http://caregiverswithhope.com/2016/03/07/what-is-hope-for-the-caregiver/</a></p> <p><a href="http://www.huffingtonpost.com/sarah-c-bauer-md/happy-to-help-research-shows-how-caregiver-happiness-is-critical_b_9202110.html">http://www.huffingtonpost.com/sarah-c-bauer-md/happy-to-help-research-shows-how-caregiver-happiness-is-critical_b_9202110.html</a> Caregiving for autism</p> <p><a href="http://thecaregiverspace.org/caregiving-happiness-jar/">http://thecaregiverspace.org/caregiving-happiness-jar/</a></p> <p><a href="http://www.caregiversolutions.ca/health-and-wellness/20-tiny-moments-that-instantly-boost-your-happiness/">http://www.caregiversolutions.ca/health-and-wellness/20-tiny-moments-that-instantly-boost-your-happiness/</a> Tiny Tips</p>
Videos	<p><a href="https://www.youtube.com/watch?v=Muce2TxDIMw">https://www.youtube.com/watch?v=Muce2TxDIMw</a> Shawn Achor</p> <p><a href="https://www.youtube.com/watch?v=LhJdkmPJO7E">https://www.youtube.com/watch?v=LhJdkmPJO7E</a></p>

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