



VeteranCaregiver.com Video Resources

Recommended Resources: The Pet Effect

Resources

<http://center4research.org/healthy-living-prevention/pets-and-health-the-impact-of-companion-animals/>

<http://articles.latimes.com/2011/jul/18/health/la-he-pets-good-bad-20110718>

<http://healthypets.mercola.com/sites/healthypets/archive/2010/04/14/positive-effects-of-owning-a-pet.aspx>

https://www.weightwatchers.com/util/art/index_art.aspx?tabnum=1&art_id=57401

<https://www.bostonglobe.com/lifestyle/2015/01/12/your-brain-pets/geoJHAFHxrwNS4OgWb7sO/story.html>

<http://www.helpguide.org/articles/emotional-health/the-health-benefits-of-pets.htm>

http://www.medscape.com/viewarticle/849158_6

<http://magazine.spectrumretirement.com/the-pet-effect/>

<http://psychcentral.com/blog/archives/2013/05/19/6-ways-pets-relieve-depression/>

<http://dogsfordepression.org.uk/how-dogs-help-us.html>

<https://www.rover.com/blog/service-dogs-depression-anxiety/>

<http://mentalfloss.com/article/51154/10-scientific-benefits-being-cat-owner>