



## VeteranCaregiver.com Video Resources

### Recommended Resources: Caregivers: Running on Empty?

#### Resources

[http://www.caregiver.va.gov/pdfs/Caregiver\\_Workbook\\_V3\\_Module\\_1.pdf](http://www.caregiver.va.gov/pdfs/Caregiver_Workbook_V3_Module_1.pdf)

<http://www.brainline.org/content/2011/03/how-music-helps-to-heal-the-injured-brain.html>

<https://www.pinterest.com/pin/259168153531630136/>

[https://www.cancer.duke.edu/btc/docs/files/file/Caregivers-RecResources\(2\).pdf](https://www.cancer.duke.edu/btc/docs/files/file/Caregivers-RecResources(2).pdf)

<http://articles.extension.org/pages/68596/understanding-respite-care-for-military-family-caregivers>

<http://mariashriver.com/blog/2013/02/self-care-for-the-caregiver-pamela-rivers/>

<http://www.curetoday.com/community/kim-johnson/2016/08/caregiving-the-importance-of-self-care>

[http://www.netofcare.org/content/your\\_needs/spiritual\\_needs.asp](http://www.netofcare.org/content/your_needs/spiritual_needs.asp)

<http://www.careconscious.com/resources/meaning-purpose-and-caregiving-spirituality-and-religions-role-caregiving>

<http://www.aarp.org/home-family/caregiving/info-02-2013/power-of-music-playlists.html>

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