TIPS: IMPORTANT STRATEGIES

• Check in with family members individually. Give them a chance to discuss their thoughts and feelings one-on-one, with no distractions.

• Get to know signs that make you aware when you need social support and connection, such as feeling burnt-out or extra tired.

• Although it can be difficult during trying times, do your best to show compassion and kindness with others.

• Incorporate gratitude practices into your routine, such as a gratitude jar, journaling, or a gratitude collage.

TAKEAWAYS: THINGS TO REMEMBER

• Strong social connections are directly linked to favorable outcomes such as:
  ∙ Longevity
  ∙ Improved health
  ∙ Recovery from disease
  ∙ Self-esteem, and
  ∙ A sense of personal control

Supportive relationships and strong connections become critically important during uncertain times and keep you resilient.

RELATED PSYCHARMOR COURSES:

• Goodbye to Going It Alone
• Caregiving In a Rural Setting
• Working With the Community

FACILITATORS:

MELISSA COMEAU,
Red Cross MVCN
Director of the Red Cross Military & Veteran Caregiver Network
Veteran Caregiver
Marine Corps Spouse
Dole Fellow

SHAINA PURSER,
Elizabeth Dole Foundation
Hidden Heroes Community Coordinator
Military Caregiver
Military Social Worker

Military & Veteran Caregiver Resources

VA Caregiver Support Program:
855-260-3274

The Elizabeth Dole Foundation or Hidden Heroes

Red Cross Military Veteran Caregiver Network

Southern Caregiver Resource Center

Operation Family Caregiver / Operation Caregiver Support

PsychArmor Support Line:
1-844-779-2427

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