CONVERSATIONS WITH CAREGIVERS

Mental Health

TIPS: IMPORTANT STRATEGIES

• Stay connected- Social support is a vital part of managing stress so keep in touch with people who matter to you.

• Practice mindfulness, meditation, and gratitude to help calm you through stressful times.

• Take care of your body and remember that physical and mental health are connected.

• Make a schedule that is manageable and goal-oriented.

• Take breaks from exposure to the news.

• Be good to yourself by embracing both your successes and failures.

• Focus on the parts of a situation over which you are in control.

TAKEAWAYS: THINGS TO REMEMBER

• Mental health protects us from the adverse effects of stress.

• Mental health has been linked to a number of traits vital to resiliency.

• There are ways you can help manage your stress, reduce feelings of anxiety or depression, and increase resilience -- even during times that feel out of control.

RELATED PSYCHARMOR COURSES:

• Mantram
• Stress First Aid: Self-Care for Caregivers
• ABC’s of Respite: Caregiver Support

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Military & Veteran Caregiver Resources

Wounded Warrior Project Resource Center
VA Caregiver Support Program:
855-260-3274
The Elizabeth Dole Foundation or Hidden Heroes
Red Cross Military Veteran Caregiver Network

PsychArmor Support Line:
1-844-779-2427

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