Tips: Important Strategies

- Be present in the moment.
- Slow down and find a sense of calmness.
- Take a few minutes a day just for you by practicing mindful meditation. Be still. Focus only on your breath.
- Find a sense of empowerment by taking ownership of your feelings.
- Use “I” statements.
- Be specific. Present clear, concrete, and factual observations when communicating your feelings.
- Avoid generalizations such as “always” and “never.”
- Be direct in stating your requests.
- Learn to trust in your thinking and have confidence in your ideas.

Takeaways: Things to Remember

- You are most likely to be successful in communicating with others if you are clear and specific.
- Remember, the way that you feel is not the responsibility of another person. Only you can take accountability for your feelings.
- Developing a new way of communication takes time. Practice the techniques discussed in the course and trust in the process.

Personal Reflection

What improvements can you make to your current communication techniques to express your feelings? What words do you need to avoid to take full ownership of your observations, feelings, and requests?

Resources:
If you like this course and want additional information, contact the VA Caregiver Support Program at 855-260-3274 or online at http://www.caregiver.va.gov/.
For additional resources, check out https://hiddenheroes.org/.