**Tips: Important Strategies**

- Care for your feelings. First, identify and name them so that you can listen to the important information they are trying to tell you. Then, release them so that they are not left to build.
- You can practice recognizing and appropriately releasing your feelings:
  
  *Writing in a journal, meditating, exercising, gardening, watching a sad movie to have a good cry, calling a friend who will listen, or speaking up and setting some limits for yourself.*

- Get creative in how you stay connected with others:
  
  *Calling people on the phone, writing letters by hand or through emails, communicating through Skype, joining an online, phone based, or in person support group, or inviting friends over for a meal or just to visit.*

**Takeaways: Things to Remember**

- Feeling that you are not able to leave may override the positive gifts of your home, and can cause you to lose sight of the nurturing aspects your home may offer.
- The choices you have can be empowering. You have the power to alter the situation or alter your perspective.
- Difficult emotions in the context of being home may take on larger dimensions if left to build and fester.
- Recognizing and appropriately releasing your feelings will help bring more energy, vitality, and confidence to the present moment.
- Attention to your physical well-being can reinforce that you matter.

**Personal Reflection**

What ways have you found that help you pay attention to how you are feeling? Are they part of your everyday life?

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**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/](http://www.caregiver.va.gov/).

For additional resources, check out [https://hiddenheroes.org/](https://hiddenheroes.org/).