### Tips: Coping Strategies

- Use a body scan to pay attention to how each part of your body feels. Breathe into any discomfort you find. Body scans are helpful for falling asleep, as they quiet your mind.
- Stress affects your physical health. Watch for headaches, muscle tension, or other pain.
- Stress affects your emotional health. Watch for forgetfulness and negative thoughts.
- Stress affects your behavior. Watch for impulsivity, lethargy, or overactivity.
- Stress affects your social interactions. Watch for withdrawal or isolation.
- Stress affects your spirituality. Watch for inner questions about what matters.
- Pay more attention to the energy that supports and cares for you rather than the energy that you expend.

### Takeaways: Things to Remember

- Give yourself the gift of a body scan to help focus your attention on YOU.
- Pay attention to personal warning signs: physical, emotional, behavioral, and spiritual.
- Stop to notice if you are stressed. This makes you more able to make decisions to address the stress before it causes illness and other problems.
- Negative beliefs are barriers to health. Pay attention to them and be willing to change them.
- Strategies that will feed, nurture and restore you are vital to your health. They should be flexible, personal, low cost, time-sensitive, and consistent.

### Personal Reflection

What are the negative beliefs that might be causing barriers in your life? How can you address them to allow time to care for yourself?

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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/).