### Tips: Coping Skills

- Live in the moment by using affirmations or mindfulness exercises. Express gratitude once a day.
- Read or listen to music.
- Connect with others. Push yourself to take the risk of reaching out.
- Go to bed tired so you can get the best rest possible.
- Get respite in any way you can, even within your home.
- Vent and release your feelings. Consider counseling to avoid burnout.
- Remember your spiritual beliefs and take a few moments to pray or meditate.
- Ask others to help. Make a list of things people can do.
- Set goals for YOU.
- Exercise. Even 10-15 minutes a day is beneficial.

### Takeaways: Things to Remember

- Loss is a part of life, but it is acknowledging those losses that help us grow.
- Some adjustments made due to your caregiver journey may be considered losses. This includes changes in your work life, financial stability, relationships, physical & emotional health, and personal goals.
- Pay attention to your feelings. Recognize and honor all you have lost, as well as what you have gained.

### Personal Reflection

What strategies do I use to cope with the losses in my life due to caregiving? What growth have I seen in my life on this journey?

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### Next Recommended PsychArmor Course(s):

- The ABC’s of Respite
- Mantram Repetition

### 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/).