

Tips for Military & Veteran Caregivers



Caregivers, often behind the scenes and with little recognition, shoulder a broad spectrum of responsibilities ranging from everyday home tasks to managing total emotional, mental, and physical care of their loved one as they navigate a complex medical system. Caregivers often find themselves working beyond their limits to provide care. While you're going above and beyond, it's important to take care of yourself.

Self-Care

Build time for self-care into your calendar. Make a list of your top 3 self-care activities and practice one a day.

Give yourself grace. While military caregivers are resilient, resourceful, and strong, it is normal to have feelings of guilt, irritability, or anxiety.

Move your body each day. Go for a walk, if the weather allows, if not, move about indoors and stretch for 10-minutes a day.

Take a time out and limit your media and social media consumption.

Managing Uncertainty

Establish a new routine. Set small daily goals and aim for consistency rather than perfection.

Seek out humor/ Laughing is a good prescription for an anxious mind.

Fact-check your thoughts. Recognize thinking that causes unnecessary stress or anxiety.

Recruit a wing-person. Schedule hangouts, game nights with friends and family to help keep your spirits up.

Connect with virtual caregiving support. Talking with others who are in caregiving roles can generate ideas and provide a sense of support or community.

Take advantage of telehealth opportunities for yourself and loved ones. Give an Hour is here to help!

Staying Connected

NOT A MILITARY OR VETERAN CAREGIVER?

Learn about how you can support Military Caregivers in the Guide. "Caring for the Military Caregiver: A Guide to Providing Mental Health Care to America's Hidden Heroes."