**Stress First Aid: Self-Care**
School For Military Veteran Caregivers and Their Families

**Tips: Important Strategies**

- Reconnect with yourself and be mindful of your feelings.
- Make time for self care activities to regain your sense of self and boost energy levels.
- Develop new skills to help you manage your reactions to stress and restore your self esteem and hope.
- Create a safe space to express yourself. Find support in your community.
- Know your rights and the rights of the Veteran for whom you care.
- Create a contingency plan to help the future seem more manageable.
- The biggest threats to caregivers are isolation and hopelessness. Recognize when you’re disconnecting and ask for help.
- Let go of people who don’t support you; foster relationships with people who do.
- When you are empowered, the Veteran in your life is empowered.

**Takeaways: Things to Remember**

- Remember the 7 C’s of Stress First Aid
  1. CHECK: Assess, observe and listen.
  2. COORDINATE: Get help, refer as needed.
  3. COVER: Get to safety.
  4. CALM: Relax, slow down and re-focus.
  5. CONNECT: Get support from your community.
  6. COMPETENCE: Establish self-efficacy.
  7. CONFIDENCE: Renew self esteem and hope.
- The stress continuum model: green is optimal functioning, yellow is normal reaction to stress, orange is consistent distress needing peer or community help, and red is clinical impairment requiring professional intervention.

**Ready Reacting Injured Ill**

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**Next Recommended PsychArmor Courses:**

- Creating a Space for You
- Mantram

**Personal Reflection**

Which activities restore my sense of calm? How can I make time for those activities in my life?

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**Resources:**


National Center for PTSD  [https://www.ptsd.va.gov/](https://www.ptsd.va.gov/)

Hidden Heroes  [https://hiddenheroes.org/](https://hiddenheroes.org/)