



Key Highlights for the “Many Faces of Stress for Military Family Caregivers” lesson

Please note that this is an interactive lesson which can be viewed at any time. If you have comments or questions about the material, please send an email to

rcp.caregiver@gmail.com. When sending correspondence to the Caregiver email inbox or communicating via Google chat, it is imperative that you do not share PII or PHI with the Caregiver team.

To access the Many Faces of Stress for Military Family Caregivers lesson, please select the link below.

<http://campus.extension.org/course/view.php?id=974>

The purpose of this lesson is to help family members better understand the multiple ways that providing care for their service member can be stressful and guide caregivers to resources that can help alleviate stress.

Tips for How to Reduce Stress

- 1) Identify the type of stress being experienced
- 2) Think of the reason behind the type of stress
- 3) Identify military/community resource which address the reason
- 4) Use support/resource
- 5) Evaluate
- 6) If the resource/support does not work, repeat steps 1-5. Note that multiple types of burdens can be experienced at the same time, so it’s important to address each one.

Caregiver Resources

National Alliance for Caregiving- <http://www.caregiving.org>

Caregiver Action Network- National Alliance for Caregiving- <http://www.caregiving.org>

Joining Forces- <http://www.whitehouse.gov/joiningforces>

The Elizabeth Dole Foundation- <http://elizabethdolefoundation.org/#sthash.cC0LxKQM.dpbs>

2014 Caregiver Resource Directory- <http://warriorcare.dodlive.mil/files/2014/04/Online-Caregiver-Resource-Directory-April-2014.pdf>

Warrior Care Blog, Caregiver Resource Tab- <http://warriorcare.dodlive.mil/caregiver-resources/>