New Resource
FOR MILITARY CAREGIVERS

Military caregivers are America’s hidden heroes, caring for ill, injured or wounded military service members or veterans. However, their own needs go unmet. So often caregivers hear that it’s important to care for themselves, but for individuals who spend so much time and effort caring for someone else, how is that possible and what does that mean?

A new self-care guide by Samue1 Institute, an expert in the field of military health, provides tools for coping with stress and tips for navigating the different phases of caregiving. The research-backed guide covers managing one’s sense of self, making health-supporting choices, building a circle of support, and interacting with the outside world.

The Caregivers Companion: Self-Care for Health in Mind, Body & Spirit is available as a free downloadable PDF for easy printing and viewing on a PC, smart phone, or tablet. Or access a free ebook on iTunes to read on a Mac or iPhone using iBooks, or any device that supports the epub format. The Caregivers Companion is also available as a paperback book for purchase on Amazon.

Samue1 Institute created The Caregivers Companion to put hidden heroes center stage and provide the necessary resources to begin a journey to health and wellbeing. Visit SamueliInstitute.org/Caregiver for a free download and other helpful resources.

www.MilitaryChild.org