



Military OneSource Educational Materials for

Caregiver Stress

Booklets

- 10 Ways to Overcome Overload
- Bouncing Back: Staying Resilient Through the Challenges of Life

CDs

- Achieving Balance
- Caregiving
- Finding Strength in Family and Community
- Growing Stronger Through Change
- Managing Stress
- Time Squeeze: How to Feel More in Control of Your Time

Articles

- Becoming a Caregiver for Your Adult Son or Daughter
- Books and Resources on Depression
- Books on Caregiving
- Books on Managing Stress
- Caregiver Stress and Finding Support
- Choosing a Counselor or Therapist

- Face to Face Counseling Through Military OneSource
- Fitting It All In: Balancing Work and Family
- Getting a Good Night's Sleep
- Getting Emotional and Spiritual Support During a Crisis
- How to Meditate
- Involving Family Members in Caring for an Older Relative
- Long-Distance Caregiving
- Managing Stress
- Meditation
- Quick Tips for Making Time for Yourself
- Quick Tips for Managing Stress
- Relaxation
- Stress Quiz
- Stress: Your Body Under Attack
- Support Groups for Caregivers
- Taking Care of Yourself
- Ten Ways to Bounce Back
- Time Squeeze Tips
- When You Become Your Spouse's Caregiver
- What Military OneSource Can Do for You

Military OneSource is provided at no cost by the Department of Defense to all active duty, Guard, Reserve members, and their families. The 24/7 service provides information and referrals plus private, local face-to-face counseling. Call 1-800-342-9647 or access www.militaryonesource.com. (Visit our Web site for overseas, Spanish, and hearing impaired toll free telephone numbers.)

More educational materials related to this topic may be available from Military OneSource.