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Caregiver Support Line (CSL) Monthly Presentations

Caring for yourself is the best thing you can do for those that depend on you. The support line offers monthly education group sessions that can help. These group sessions are offered over the telephone, so you can listen in the comfort of your own home. These presentations provide self-care tips on a range of topics. Participants can comment and ask questions at the end of each live session. In order to participate the Veteran you are caring for must be enrolled in VA Healthcare. Registration is required. To register or learn more, call the VA Caregiver Support Line (1-855-260-3274).

Featured Monthly Presentation

Seeking Center: How to Find Calm in the Midst of Chaos [Audio Transcript](#)
[Handout](#)

Is the stress in your life taking a toll on you? How can you manage your life challenges, so they don't take such a toll on your wellbeing? Learn to recognize, understand and address your stress so that it limits the harm done. This group explores skills of managing stress. When you are able to cope well with a challenge, you can actually build your strength and grow as a person.

Past Presentations

Past presentations and topic handouts can be found on the [self-care topics handouts page](#).

Relaxation Exercises

Taking time for yourself is so important. It may not always be easy to find the time to care for you. Just a few minutes a day participating in a relaxation activity can help caregivers feel restored. Invest of few minutes of your time to listen to a guided

meditation. Sit back, relax, and allow this exercise to help restore your balance. Select a link below to listen.

- **Body Scan Meditation: Awareness and Healing of the Physical Body** [Audio Transcript](#)
- **Mindfulness Meditation: Finding Calm and Acceptance in the Present Moment** [Audio Transcript](#)
- **Relationship Meditation: Restoring Loving-Kindness to Yourself and Your Significant Other** [Audio Transcript](#)
- **Visualization Meditation: A Soothing Journey Created by the Gift of Imagination** [Audio Transcript](#)

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