

Physical Effects Journal

The questions below can help you reflect on your experience as a caregiver. You can write your thoughts here, copy this page and add it to your journal if you keep one, or reflect on these questions in your journal.

*What physical effects have you observed in your service member/veteran?
How severe is the effect?*

Is there one particular instance that stands out for you? Describe what happened and how you reacted.

What impact have these physical effects had on you? On other members of the family?

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What strategies have you tried to use to help your service member/veteran cope with physical effects? How well have they worked?

What strategies do you plan to try in the future?

