



Social Media Messages: WII Caregiver Support

Below are 10 ready-to-use social media messages developed to use on Twitter, Facebook, and Plan of the Day/Week messages. Coordinate with your local POC for social media to use these in your communications channels. Generally, this will be through the Public Affairs Office.

Recommended Use Instructions:

- Select one message from the list below to send out each day during the focus week (for more information, refer to the [Promotional Kit Instructions](#)).
- The same messages can be posted on all three communications channels.
- Copy and paste the message to post on Facebook, Twitter, or Plan of the Day/Week or send to your social media POC for posting.

Note: Links to recommended pictures are also provided. However you may post without the picture, if you desire.

Twitter, Facebook, and Plan of the Day/Week Messages:

1. As a caregiver, you may feel isolated and overwhelmed. Community is key, enlist the help of others. <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/WII-Toolbox/Caregiver-Support/WII_Caregiver_Guide.pdf> #battleburnout
2. Help protect yourself from caregiver burnout by setting self-care goals. <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/WII-Toolbox/Caregiver-Support/WII_Caregiver_Guide.pdf> #battleburnout
3. If hopelessness or depression is creeping in, consider chatting with a counselor or chaplain. <<http://www.chaplain.navy.mil/>> #battleburnout
4. Skipping meals or losing sleep? Learn to set self-care goals to battle caregiver burnout. <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/WII-Toolbox/Caregiver-Support/WII_Caregiver_Guide.pdf> #battleburnout



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5. Don't skip your personal doctor visits. As a caregiver, you need regular checkups and healthcare. <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/WII-Toolbox/Caregiver-Support/WII_Caregiver_Guide.pdf> #battleburnout
6. One week contains 10,080 minutes. Battle burnout by taking just 15 of those minutes each day for a little break.
<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/WII-Toolbox/Caregiver-Support/WII_Caregiver_Guide.pdf>
7. Get your heart pumping to prevent caregiver burnout; try exercising for 150 min per week. <<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/active-living/getting-started/GETTING-STARTED.pdf>> #battleburnout
8. Setting self-care goals inserts calm in overwhelming situations by helping put control back in your hands. http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/WII-Toolbox/Caregiver-Support/WII_Caregiver_Guide.pdf #battleburnout
9. Battle burnout with fun; set a goal to do something just for you at least once a month.
<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/WII-Toolbox/Caregiver-Support/WII_Caregiver_Guide.pdf>
Image link: <http://www.marines.mil/Photos.aspx?igphoto=172524>
10. When it comes to caregiving, it is important to care for yourself as well as your WII service member. <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/WII-Toolbox/Caregiver-Support/WII_Caregiver_Guide.pdf> #battleburnout