



# VeteranCaregiver.com Video Resource

## Recommended Resources: Uplifting Four Word Phrases That Matter

### Overview:

Words are powerful and can make a significant difference in your life and situations. Here are some positive four-word phrases that are compelling, comforting, descriptive, and possibly helpful to your situations.

Distilling your message to only a few words can make them impossible to misunderstand. Sometimes Less really IS More...

### Words of Meaning and Significance to a Caregiver and Family Member:

Relief -	How can I help you?
Hope -	You can do it! I know you can.
Meaning -	I believe in you.
Comfort -	You are a blessing.
Warmth -	I care about you.
Love -	You matter to me.