

5

MENTAL HEALTH TIPS



Practice Mindfulness

Mindful meditation or deep breathing exercises to stay present and reduce stress.

Laugh

Watch a funny movie, read a humorous book, or spend time with people who make you laugh.



Set Boundaries

Learn to say no when you need to and establish healthy boundaries with work, relationships, and commitments.

Learn Something New

Challenge your intellect, such as taking an online course, learning a new language, or exploring a new subject.



Gratitude

Regularly take a moment to reflect on things you're grateful for.

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Military Mental Health Care Cheryl Lawhorne-Scott, Don Philpott, 2012-12-07 Too often American veterans return from combat and spiral into depression anger and loneliness they can neither share nor tackle on their own *Military Mental Health Care A Guide for Service Members Veterans Families and Community* seeks to aid our troubled returning forces by dissecting the numerous mental health problems they face upon arriving stateside Don Philpott and Cheryl Lawhorne Scott co authors with Janelle Hill of the highly successful *Wounded Warrior Handbook* detail not only each issue s symptoms but also discuss what treatments are available and the best ways for veterans to access those treatments while readjusting to civilian life In addition they connect and explain many alarming trends such as joblessness poverty and addiction appearing in our nation s veteran population on a broader scale PTSD and struggles with anxiety affect far more than veterans themselves as sobering phenomena like homelessness suicide domestic violence and divorce too often become realities for those returning from war *Military Mental Health Care* is both a resource for struggling veterans and a useful tool for their loved ones or anyone looking for ways to support the veterans in their lives

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