



STRENGTH • BALANCE • HARMONY



SIX MENTAL HEALTH TIPS FOR VETERANS

Serving our country is an honorable role and can lead to adventure, world travel, unbreakable camaraderie and extraordinary experiences. Our military members are also willing to sacrifice everything and are often in dangerous places, away from family for extended periods of time and exposed to traumatic, life-threatening situations. Maintaining physical and mental wellness can be a challenge that requires support. Here are six mental wellness tips to help our warriors think Chickasaw and support their well-being in day-to-day life.

1. STAY CONNECTED TO OTHERS. Social connections are important for your mental health. Veterans should strive to connect with people. You may enjoy group activities. Find a veteran specific support group, or join a different group in your community if there are no veteran groups. You will likely find someone in the group who is also a veteran. The Chickasaw Nation Veteran's Lodge is a great place for veterans to connect. Visit Chickasaw.net/Veterans to find resources and information.

TALK ABOUT IT: Name at least two ways you can stay connected with others.

2. EXPLORE NEW HOBBIES. Hobbies can include bicycling, martial arts or even baking and gardening, among many others. Hobbies offer a way to learn a new skill, connect with others and enjoy life.

THINK IT OVER: Do you already have hobbies you could start again? Can you identify any new hobbies or think of something you have always wanted to do?

3. SPEND MORE TIME OUTDOORS. Being outside is a great way to relieve stress, anxiety and depression. There are many things you can do out in nature such as going for a walk, enjoying a local park or having a cup of coffee outside.

GOOD IDEAS: Can you think of three things you do inside that could be done outside? Name three things you like to do outside.

4. IF NEEDED, SEEK PROFESSIONAL HELP OR PEER-TO-PEER COUNSELING. Talking to a mental health professional is important for self-care. Some veterans struggle with reconnecting after rejoining civilian life. A peer who has worked through similar issues or a mental health professional can give you great ideas for dealing with those struggles.

FIND YOUR BALANCE: Mental health professionals can provide you with access to resources that help with the challenges faced by veterans. Do you have the resources you need to reach out?

5. SEEK RESOURCES SPECIALLY PROVIDED FOR VETERANS. There are resources for veterans that are developed for you as well as your family. These include the Wounded Warrior Project, Military OneSource and Dog Tag Bakery to name a few.

CREATE HARMONY: Have you ever considered seeking out a special service provided for veterans? Consider this list and see if one sounds like a good resource for you.

6. GIVE YOURSELF A TREAT. Self-care sometimes means rewarding yourself. It does not have to be something particularly good for you. Go ahead and eat that doughnut you want, or spend the afternoon watching Netflix. Just remember to do these in moderation. You might buy something you have always wanted. A little retail therapy could be just the boost you need.

WELLNESS STRENGTH: Think of a few things that you consider to be a treat, and indulge yourself. Get that often needed massage, take a day off work or watch your favorite movie. Can you name three things you would like to do to treat yourself?

RESOURCES:

- The Wounded Warrior Project
- The National Military Family Association
- Military OneSource
- The Veterans Crisis Line
- Team Rubicon