

MISSION

Veteran Overland is focused on improving Veterans' lives through the proven healing power of CONNECTION, the positive mental perspective of the OUTDOORS and the need for post-service skill building through OVERLANDING.

Combined we produce wellbeing through RESILIENCE

EFFORT PILLARS:

CONNECTION // OUTDOORS // OVERLANDING // RESILIENCE



DEFINITIONS

CONNECTION:

Veterans need to connect with like minded individuals. Veterans also need the support of civilian supporters. Otherwise we'd be alone.

The power of connection gives a reason to come outside, to send a text, to pick up the phone. To stay alive. Veterans need Veterans.

In most cases the power of connection is more effective than therapy or prescription drugs.

OUTDOORS:

The natural healing power of the outdoors has been proven to be an effective solution to mental health of all levels.

Documented advantages of outdoors and health:

Lowers blood pressure and reduces stress

Improves mood

Improves focus

In addition: “H.R.2435 requires the Department of Veterans Affairs to establish the Task Force on Outdoor Recreation for Veterans to report on and make recommendations regarding the use of public lands or other outdoor spaces for medical treatment and therapy for veterans.”

OVERLANDING:

The experience and platform to bring it all together.

The skills learned and maintained from First Aid, to technical vehicle recovery, to trip preparation are the very things Veterans are missing from military service, and in some cases missing from their life. This combined with an avenue to connect with their families make this a well suited activity for Veterans

**Our five parallels of overlanding and military service:
COMMUNITY – SKILL BUILDING – GEAR – ADVENTURE – RESILIENCE**

RESILIENCE:

RESILIENCE IS THE STEP BEFORE SUICIDE PREVENTION

PSYCHOLOGISTS DEFINE RESILIENCE AS THE PROCESS OF ADAPTING WELL IN THE FACE OF ADVERSITY, TRAUMA, TRAGEDY, THREATS OR SIGNIFICANT SOURCES OF STRESS.

PROVEN WAYS IN BUILD YOUR RESILIENCE*:

PRIORITIZE RELATIONSHIPS | JOIN A GROUP | PRACTICE MINDFULNESS | AVOID NEGATIVE OUTLETS | HELP OTHERS MAINTAIN A HOPEFUL OUTLOOK