

Veteran's Mental Health

According to NAMI, during or after serving in the military the three primary concerns are PTSD, depression and TBI. When you return to civilian life, it can often be difficult to adjust. Some veterans struggle with the lack of structure, others experience feelings of isolation without fellow Servicemembers. It's important to remember that adjusting will take time and there are always resources to help you with your transition. <https://www.nami.org/Your-Journey/Veterans-Active-Duty>

Mindfulness Minute

Mindfulness Meditation: focus on remaining centered in the present moment, using your breath to anchor you while counting inhales and exhales.

Progressive Relaxation: begin by squeezing various muscle groups (one at a time), relaxing them as you exhale until you become nothing but a pile on your mat.

Movement Meditation: this can be anything from yoda to talking a walk or working outside, the key is to fully immerse yourself in the activity.

Guided Meditation: this is like going on an imaginary journey, YouTube is an excellent source for guided meditations.

Always remember, treat yourself kindly!

Check out the link below for more mindfulness ideas:
<https://www.themindfulword.org/mindfulness-for-veterans/>

Forms of Self-Care

- Emotional Self-Care
 - the actions we take to process our emotions in a healthy way
- Physical Self-Care
 - any activity you engage in to support your physical well-being (like exercise or taking a nap)
- Mental Self-Care
 - whatever you like to do to stimulate your mind
- Social Self-Care
 - spending times with friends or family
- Spiritual Self-Care
 - activities that connect with or nurture your soul
- Practical Self-Care
 - anything you do to take care of your core needs
- Professional Self-Care
 - whatever you can do to support you feeling balanced and fulfilled by your career

Read more about self-care at this link:

<https://www.healthcoachinstitute.com/articles/7-types-of-self-care/>

Company Highlights

Beth Hendley, LSCW

Beth graduated from Valdosta State University in 2014 with a Masters in Social Work and is currently licensed as a Clinical Social Worker. She is a wife and a dog mom of 3. Her previous experience includes working with parents and children through the Department of Family and Children Services, victims of physical, sexual and mental trauma, adults in a healthcare and clinic settings and active duty military and families. Beth's mental health interests are depression, anxiety, trauma, grief, daily life stressors and more. She implements evidence-based treatments such as Cognitive Behavioral Therapy and client centered techniques to meet the needs of my clients to improve their quality of daily life.



Happy Veterans Day

A very special shout out to our Practice Manager, Amanda Moss. Thank you for your service!

She was in the Army for 9 years, serving as a Human Resource Specialist at various locations across the country. She completed two tours to Iraq in 2005 and 2008.



Thank you to those who have served!

