



How Veterans Cope

Veterans who have served in the military often face unique challenges and stressors upon returning to civilian life. The experiences of combat, training, and being part of a tight-knit community leave an indelible mark on their lives. Here's a look at how veterans cope with these challenges and stresses.

1. Professional Therapy and Counseling

Many veterans seek professional help to manage their stressors. The Veterans Affairs (VA) offers various therapeutic services, such as Cognitive Behavioral Therapy, for conditions like Post-Traumatic Stress Disorder (PTSD). Seeking professional help is a sign of strength and an essential step towards healing and integration.

2. Peer Support Groups

Shared experiences can create unbreakable bonds. Veterans often find comfort in joining peer support groups where they can share their stories, relate to others' experiences, and build a supportive community. These groups can be instrumental in helping veterans feel understood and not alone.

3. Physical Activity

Exercise is a well-documented stress reliever. Many veterans engage in physical activities such as running, hiking, or team sports to cope with their stress. Not only does this boost mental well-being, but it also helps them maintain physical fitness, a key component of military life.

4. Service Animals

For some veterans, service animals, especially dogs, provide therapeutic benefits. These animals undergo training to help veterans cope with PTSD, anxiety, and depression. Their constant companionship offers emotional support, comfort, and a sense of purpose...

The challenges veterans face is multifaceted, as are the coping mechanisms they employ. Each veteran's journey is unique, but their collective strength and resilience are universally commendable. As they navigate the intricacies of civilian life, understanding, empathy, and support from the community can amplify the positive impact of the coping strategies they choose to adopt...

Full article is available on the BLOG at <http://www.theveterandocor.com/>



Photography: A Healing Lens for Veterans

The journey of a veteran is multifaceted, often riddled with experiences that can't be easily articulated. However, one medium has proven to be a potent therapeutic tool for veterans: photography. Below, we delve into how photography has been helping veterans' transition, heal, and rediscover themselves.

1. Cathartic Expression

- o Venting Trauma: Some veterans experience post-traumatic stress disorder (PTSD) and struggle to express their feelings verbally. Photography offers them a way to convey complex emotions without words. Capturing moments, whether serene or chaotic, can serve as a form of release.

- o Storytelling: Every picture tells a story, and for veterans, their photos can narrate their personal journeys, experiences, and the resilience they've shown.

2. Mindfulness and Focus

- o Living in the Moment: The act of taking a photograph requires concentration on the present. This can be a helpful distraction from anxiety-inducing memories or concerns about the future.

- o The Power of Observation: Engaging with their surroundings and noticing details can help veterans develop a heightened sense of mindfulness, grounding them in the present.

3. Community and Connection

- o Group Workshops: Many organizations offer photography workshops tailored for veterans. These gatherings teach photography skills and foster camaraderie among veterans who share similar experiences.

- o Sharing and Feedback: By sharing their work, veterans can receive feedback, encouragement, and validation, creating a sense of belonging and accomplishment.

4. Reintegration and New Purpose

- o Skill Development: Learning photography can provide veterans with new skills that can be translated

into career opportunities, such as professional photography, photojournalism, or digital media work.

5. Nature as a Respite

- o Nature Photography: Engaging in nature photography encourages veterans to spend time outdoors. The natural environment can be calming and therapeutic, further augmented by the act of capturing its beauty.

- o Physical Activity: Exploring various terrains and locations for the perfect shot can also serve as a form of physical therapy, helping veterans regain mobility and strength.

6. Self-reflection and Growth

- o Documenting Recovery: Taking self-portraits or documenting their personal journey can help veterans visually track their progress and healing over time.

- o Artistic Exploration: Experimenting with different styles, subjects, and techniques can help veterans rediscover themselves and grow artistically, providing a sense of identity beyond their military service.

7. Legacy Creation

- o Preserving Memories: Many veterans have had experiences that are historically significant. Through photography, they can document these moments, creating a legacy for future generations.

- o Family Connections: Sharing photos with family members can serve as a bridge, allowing veterans to open and connect with their loved ones about their experiences...

Photography is not just a hobby or profession; it's a lifeline for many veterans. As they navigate the challenges of post-service life, the camera serves as a companion, healer, and tool for self-expression. Organizations, therapists, and communities must continue to recognize and promote the therapeutic potentials of photography for our heroes...

Complete article is on [The Veteran Doctor Blog](http://www.theveterandocor.com/). Please go to <http://www.theveterandocor.com/> for this article and more.

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Veterans and the Holidays: A Hilarious Misunderstanding

Ah, the holidays – that magical time of year when people come together to share in the spirit of peace, joy, and absolute confusion when they encounter a veteran at a family gathering. Because what says, "Merry Christmas" better than, "So, ever killed anyone?" It's truly a festive tradition.

First, let's talk about the obvious perks of being a vet during the holidays. What could be more fun than sitting around the Christmas tree, sharing war stories with wide-eyed little Timmy, who just wanted to hear about Santa's reindeers? It's a bonding experience like no other. "Now Timmy, Rudolph may have had a red nose, but have you ever seen a military flare in the night sky?"

Thanksgiving is no different. While everyone's going on about what they're grateful for, a veteran's inner monologue might sound like: "I'm thankful that the turkey isn't an MRE (Meal, Ready-to-Eat) and that Aunt Gertrude's infamous stuffing

isn't a grenade." And who can resist the hilarity of the annual, "This turkey's drier than my boot after a desert patrol," comment?

And let's not forget New Year's Eve. As neighbors pop their champagne bottles and children play with sparklers, every nearby veteran might be having 'Nam flashbacks to that one time with a misfired firework. "Remember kids, always point fireworks away from the house – and preferably not at the enemy."

Speaking of fireworks, Independence Day is an absolute treat for veterans. Between explaining that the BBQ isn't "under attack" and consoling the dog, who's having as much of a PTSD episode as you are, what's not to love?

And, oh! The presents. The camo-themed everything. Because obviously, once you've served, everything in your life must be camo. Camo ties, camo socks, camo pajamas - all the essentials for blending into the wilderness of your own living room.

Now, since we've already taken a deep dive into the joys of being a veteran during the holidays, let's shift our attention to the absolute minefield that is buying a present for one. 'Tis the season, after all!

1. Movies: Ah, nothing says "thoughtful" quite like gifting a war movie. "Hey, remember that incredibly challenging and intense experience you had? Here's a Hollywood version with explosions and Brad Pitt!" For extra points, make sure it's a film where every tactic is wrong, and every uniform is misplaced...

Let's wrap this up (pun intended) by remembering the real spirit of the holidays – connection, gratitude, and making light of the challenges we face. Whether you're a veteran or just related to one, here's to hoping your holidays are filled with laughter, love, and just the right amount of sarcasm! Cheers!..

Complete article is on [The Veteran Doctor Blog](http://www.theveterandoctor.com/). Please go to <http://www.theveterandoctor.com/>

Monthly Resource Picks



Merging Vets & Players

<http://www.vetsandplayers.org/>

Our nation's warriors - from every field of battle - possess a sense of strength, of excellence, and of commitment that we seldom see here at home. However, far too many of them are struggling to transition their abilities towards a new mission - leading themselves, their families, and their communities off the field.



NV Outdoor Adventure Foundation

www.nvoaf.org

The Nevada Chapter of the Outdoor Adventure Foundation is a 501 (c) (3) We provide Hunting, Fishing, and outdoor adventures for veterans in need, some are wheelchair-bound caused by injury during active military service or who have lost a limb during active military service.

Our Outdoor adventures include numerous Big game and Bird Hunts Including Dove, Pheasant, and Quail, Fresh and Saltwater Fishing trips, Camping and many other outdoor adventures.



WayPoint Vets

www.waypointvets.org

Waypoint Vets is a 501(c)(3) Charitable Organization with the Mission of Uniting and Empowering Veterans through Activities and Adventure. We facilitate unique opportunities of Camaraderie and Healing for Military Veterans across America at no cost to them.

Upcoming Local Events

- Branded One CrossFit-BJJ Fundamentals – Branded One CrossFit – 2055 E. Windmill Ln #125, Las Vegas, NV 89123 USA – Every Tuesday and Thursday @ 8:00 am
- SNVCC 2nd Annual Vet Fest - The Lawn at Downtown Summerlin - 1980 Festival Plaza Dr, Las Vegas, NV 89135, USA – Saturday, October 21, 2023 @ 11:00 am
- Fright Night at the Leatherneck with your Veteran Social Club - Leatherneck Club - 4360 West Spring Mountain Road Las Vegas, NV 89102 USA – Saturday, October 28, 2023 @ 6:00 pm – 11:00 pm
- SNVCC Inaugural Veteran Awards Gala – Aria Resort and Casino – 3730 S. Las Vegas Blvd, Las Vegas, NV 89158, USA– Saturday, December 9, 2023 @ 5:00 pm
- Veteran Social Club Army/Navy Watch Party - Craggy Range Sports Bar & Grill - 200 South Green Valley Parkway Henderson, NV 89012 – Saturday, December 9, 2023 @ 11:00 am – 2:00 pm
- Beers, Benefits and Business with the Veteran Social Club! - Chinitas Tapas & Sushi - 147 South Water Street Henderson, NV 89015 USA – Saturday, January 20, 2024 @ 4:00 pm – 7:00 pm



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