**Veteran-to-Veteran Helpful Suggestions**

**I’m Home, Now What?**

- You already know how to adapt, improve, and overcome
  - Be successful now that you’ve come home

- Keep up with your medical appointments

- Keep copies of your medical reports
  - Give copies to a trusted friend

- If you can’t stop doing drugs or alcohol, do it until you are over the need to do it – then quit for good

- You are strong enough to quit bad habits

- Sober up
  - You can’t think, if you can’t think
  - Realize you are sick

- Privately check your behavior
  - The VA has a free PTS cell phone “App” to help you

- Find someone you can trust and talk to them

- Anger management training can be worthwhile

- It’s up to you to become 100% successful — it’s not someone else’s responsibility
  - Blaming others gives away control of your life to the one you are blaming

- You create what happens to you

- Keep in good physical and mental shape

- Figure out how to work with your particular kind of PTS
  - Learn new techniques
  - You are used to hard work—yes, this is hard work
  - You completed your missions in the service—realize that your new mission is to complete yourself
  - Find a coach or attend counseling sessions
  - Learn to recognize the symptoms and manage them

- Pick up where you left off now that you are home
  - Return to your music
  - Return to your drawing
  - Return to playing sports
  - Return to your hobbies
  - Return to God
  - Return to your favorite activities
  - Return to….

- You were a hero and successful during your service to the United States and, you can be equally important in your civilian life
  - Yes it’s hard, but you already have endured far worse
  - Do that hard step for yourself

- Learn self-control
  - Don’t let people or events agitate you to the point you explode
  - Don’t react to people who are jerks—ignore them—never hang with them again

Disclaimer: The focus of the information contained in the pamphlet is educational and not a treatment plan and, there are no guarantees that the information contained in this document or our online videos (www.communityvetsproject.org) will be effective. Every person with PTS/TBI may have unique challenges that are outside the realm of this effort. Please seek prompt, professional help as necessary.

*Community Veterans Project © 2009-2018*
☐ Ask your significant other out on a date
  ► Re-introduce yourself
  ► A lot has changed for both of you
  + You just may learn some really cool information
  + After all, s/he kept your family intact for you
  + S/he may be doing things differently than you expected
  • Check your ego, s/he may have found ways to be more efficient
  + S/he had to take your place and be mom and dad while you were gone
  • They get credit for that! Appreciate that they did what they had to do in your absence

☐ Learn to manage your money

☐ Realize you are human and not invincible
  ► It’s okay to ask for help

☐ Now that you are in the civilian world, you are your family’s point man
  ► It is your job to be a good spouse
  ► It is your job to be a good mentor to your children
  + You protected your war buddies, now it’s time to guide your family

☐ Civilians don’t get our sense of humor
  ► Save those remarks for our re-unions
  ► Remember to “check your neighborhood” before popping off with a one-liner

☐ Get in touch with your spirituality

HOW TO DEAL WITH THE VA

☐ Get your VA card upon exiting from the military
  ► Learn about your benefits
  + Education
  + Home loans
  + Medical care
  + Counseling services

☐ Carry your VA registration card and a photo identification card

☐ Know that the VA is quick to judge, slow to listen

☐ Find a good VA Case Worker

☐ The paperwork may be a nightmare, but like before, get the job done and go have fun

BEING AROUND OTHER VETERANS

☐ Listen to the older veterans that have a quality of life you desire
  ► They already have been through our same stuff and have good ideas

☐ Sometimes you have to let a veteran crash
  ► Once they finally hit bottom, maybe they will want to change their behavior

☐ A combat veteran is more likely to talk to another combat veteran

☐ It’s okay to not want to relive war trauma
  ► However that feeling does not excuse you from striving to live a good life
  + Get help when you need it

☐ If you see your brother/sister fighting a PTS episode, stay with them until it passes

☐ There are other veterans who have been where you are now
  ► The healthy ones can help

Disclaimer: The focus of the information contained in the pamphlet is educational and not a treatment plan and, there are no guarantees that the information contained in this document or our online videos (www.communityvetsproject.org) will be effective. Every person with PTS/TBI may have unique challenges that are outside the realm of this effort. Please seek prompt, professional help as necessary.

Community Veterans Project © 2009-2018