



Surgeon's Corner

As a psychologist, and fellow veteran, I understand the unique challenges and experiences that veterans may face. Here are some helpful tips that may assist you in managing your overall well-being:

1. **Seek support:** Reach out to fellow veterans, support groups, or mental health professionals who specialize in working with veterans. Talking to someone who understands your experiences can be incredibly beneficial and help you process any challenges or emotions you may be facing.
2. **Establish a routine:** Creating a daily routine can provide structure and stability, which can be especially important during the transition period. Include activities that promote physical exercise, self-care, social connections, and pursuing personal interests or goals.
3. **Manage stress:** Develop healthy coping mechanisms to manage stress. This can include deep breathing exercises, mindfulness, or meditation practices, engaging in hobbies, or engaging in physical activity. Finding healthy outlets for stress can help improve your overall well-being.
4. **Connect with others:** Build and maintain social connections with friends, family, and the community. Isolation can exacerbate feelings of loneliness or depression. Seek opportunities to engage in social activities or join groups where you can meet new people and establish meaningful connections.
5. **Take care of your physical health:** Engage in regular physical activity, maintain a balanced diet, and prioritize sleep. Physical well-being is closely linked to mental well-being, so taking care of your body can have positive effects on your overall mental health.
6. **Set realistic goals:** Set achievable goals for yourself and celebrate your accomplishments along the way. Whether it's pursuing education, starting a new career, or improving personal relationships, having clear objectives can provide a sense of purpose and direction.
7. **Practice self-compassion:** Be kind to yourself and acknowledge that transitioning to civilian life can be challenging. Give yourself permission to experience a range of emotions, and don't hesitate to seek professional help if needed. Remember that seeking assistance is a sign of strength, not weakness.
8. **Utilize available resources:** Take advantage of the resources and benefits available to veterans, such as healthcare services, education and job training programs, and support organizations. These resources are designed to assist you in your transition and provide the support you may need.
9. **Engage in meaningful activities:** Find activities that bring you joy, fulfillment, and a sense of purpose. This could be volunteering, pursuing a hobby, or engaging in creative outlets. Engaging in meaningful activities can boost your mood and overall well-being.
10. **Practice self-care:** Prioritize self-care activities that promote relaxation and self-nurturing. This could include taking regular breaks, engaging in hobbies, practicing mindfulness, or engaging in activities that bring you joy and relaxation.

Remember, everyone's journey is unique, and it's essential to find strategies that work best for you. If you find yourself struggling or experiencing prolonged distress, don't hesitate to reach out to a mental health professional who can provide guidance and support tailored to your specific needs

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