

# Veteran's Survival Guide For Challenging Times

Challenging times are just that, challenging. Everyone is faced with life challenges. Some challenges are good, while others can cause hardship and bring on feelings of hopelessness. However, how you adapt, improvise, and overcome undesirable circumstances in your life depends on your mental preparedness, conditioning, and fortitude. You will quickly discover that the following 15 survival actions are linked to personal choices, i.e., pathways that best prepare you to face any life challenge, especially the adverse, such as depression, lingering pain, and suicidal thoughts. More importantly, you will experience a happier, healthier, & hardy life.

1. Avoid negativity provoking people at all costs (whether family, friends, & coworkers)
2. Don't surrender to, or surround yourself with ugliness (thoughts, words, & deeds)
3. Don't let others upset you (stay clear of politics, religion & intolerance arguments)
4. Don't let anger take over & fuel your life (never become enraged to the point of violence)
5. Stay active in areas of interest (regain purpose, avoid isolation, get a hobby, volunteer)
6. Eat less, eat healthy (reduce calorie intake)
7. Idle less, exercise more (burn off calories & steam)
8. Shun controlled substances (stay clear headed, focused, & in-control)
9. Reduce alcohol intake (consume alcoholic drink in moderation, know your limits)
10. Renew, or strengthen your spiritual faith (find inner-peace and strength)
11. Avoid disorienting and disturbing news outlets (remain on the positive side of life)
12. Don't engage in social media badgering (shun the troublemakers & crazies)
13. Enroll in the VA healthcare system (your personal healthcare portal, and more)
14. Seek out fellow Veterans for positive reinforcement (share your feelings with peers)
15. Seek professional help when you feel stressed out (don't act macho, it could kill you)

You are now armed with the internal readiness to engage any challenge with a clearer mind, stronger body, and the will to overcome. Seek people of the same caliber to become your *Force Multipliers* in overcoming life-threatening challenges. The way of the warrior is never give-in, give-up, or excuses given, but completing the mission. You have the power within you now to survive and thrive in challenging times. Victory is yours if you don't deviate from the aforementioned personal choices. In life, you must always take and hold the high ground, for this is the way of the true warrior. Your mission-value your life!