

TIPS FOR VETERANS MANAGING STRESS

- * Don't obsess over televised news reports.
Watching repetitive announcements amplifies stress.
- * Talk with fellow veterans, family and friends who are supportive.
Don't withdraw. You are not alone.
- * Exercise and eat right. Avoid alcohol. Get plenty of rest.
Don't focus on the uncontrollable. Use self-care.
- * Do something outside your daily routine to lighten feelings of gloom and doom. Share your time, talent and support others. Strength comes from community.
- * Stress can increase anger, physical reaction, traumatic recollection and feelings of helplessness. Reach out to others if you feel overwhelmed. Don't try to hide.
- * Uncontrollable anxiety, sleeplessness or nightmares and medical symptoms may require professional help.
- * Vet Centers offer free, confidential, community-based counseling services for veterans and families. Call your local Vet Center to talk about your reactions. *Do it today!*

STARK COUNTY VET CENTER

601 Cleveland Ave N.
Suite C
Canton, OH 44702
330-454-3120

"Keeping the Promise"

**Vet
Center**

