

# You are a Veteran, too

*Transcript*

**[Male Narrator]** Welcome to Buddy Check Training and thank you for stepping up to carry out buddy checks.

Life throws us all sorts of challenges and everyone handles them differently.

But over time, people usually adapt because of their resilience.

It doesn't mean you won't face tough times or stress.

It's more about how you bounce back by staying flexible mentally, emotionally, and behaviorally.

It's like being knocked down but not out.

So, what are some ways that you can foster your own wellness and build resilience?

First, take care of yourself.

Taking care of yourself isn't just a nice idea, it's part of staying mission ready, mentally and physically.

Positive lifestyle practices like proper nutrition, ample sleep, hydration, and regular exercise can strengthen your body and help reduce the toll of emotions when life gets stressful.

Additionally, avoiding alcohol and substances and seeking help if you're struggling with substance use can help you better manage stress and reduce feelings of anxiety or depression during challenging times.

Practice mindfulness.

Mindfulness allows you to think about the positive aspects of your life and recall the things you're grateful for, even during personal trials.

Mindful journaling, yoga, or spiritual practices like prayer or meditation can help people build connections and deal with stressful life situations.

Help others.

When you conduct buddy checks, support a friend in their own time of need, or volunteer with the local homeless shelter, you can garner a sense of purpose, foster self-worth, and connect with other people.

By helping others, you are naturally helping yourself to build resilience.

Move toward your goals.

Develop something realistic and do something regularly.

Even if it seems like a small accomplishment that gets you closer to where you want to be, instead of focusing on seemingly unachievable tasks.

Ask yourself, what's the one small thing I can do today that helps me move in the general direction of where I want to go?

Keep things in perspective.

Try to look at situations in a more balanced way, rather than letting yourself be overwhelmed by the problem.

One difficult event does not define your entire life.

If you're facing a tough challenge, remind yourself that it's just one moment in time and you have the ability to respond calmly and thoughtfully.

Accept change.

Certain goals or ideals may no longer be attainable because of an adverse situation in your life.

But accepting the circumstances that you cannot change will help you focus on the circumstances that you can.

Learn from your past by looking back at who or what was helpful in previous times of distress, you may discover you can respond effectively to new, difficult situations.

Remind yourself of who you are and where you've been able to find strength.

Get help when you need it.

If you need to get some extra help, reach out to your local vet center or contact the nearest VA and ask about finding a therapist.

As a Veteran, I want to thank you for your continued commitment to helping prevent Veteran suicide.

Remember, buddy checks are worth it.

Talking buddy to buddy.

Veteran to Veteran is one of the best ways for us to make connections and support each other through life.

In doing so, you'll spread hope, build resilience, and strengthen the bonds that keep us all in the fight.

**[On Screen]** Thank you for watching this training.

The Veterans Crisis Line is available 24/7.

Dial 988, press 1 for Veterans.

[www.VeteransCrisisLine.net](http://www.VeteransCrisisLine.net)

Don't wait. Reach out.

[VA.gov/REACH](http://VA.gov/REACH)