

SERVICE & STRENGTH

*A Daily Journal for Veterans
Mental Wellness*

A photograph of an American flag in a field with dog tags in the foreground. The flag is in the background, slightly out of focus, and the dog tags are in the foreground, in focus. The background is a warm, golden light, suggesting a sunset or sunrise. The foreground is a grassy field.

*The Center for Suicide Awareness
&
Fox Valley Warrior Aid Alliance*

Welcome to Your Service & Strength Veteran's Daily Journal

A Space to Reflect, Heal, and Reclaim Your Story

You've served. You've endured. You carry memories—some honorable, some heavy.

This journal is your space. It's not about perfect grammar or polished words. It's about truth. It's about honoring what you've been through and allowing yourself the room to process, feel, and grow.

Whether you write every day or occasionally, each entry is a step toward understanding yourself, your journey, and your inner strength. You may carry invisible wounds, but here, your voice is seen and heard.

Inside these pages, you'll find:

- Daily prompts to guide reflection
- Mental health check-ins to track your emotional well-being
- Resources and tips to support healing and growth
- Space to breathe—write, draw, vent, remember, or just be

Your experiences matter. Your healing matters. You are not alone.

A Note for You, Warrior

***You've already taken the hardest step—showing up.
This journal isn't about perfection. It's not about fixing
what's "wrong."
It's about reconnecting with the strength that's always
been in you, even on the days it feels buried.
There will be good days and tough ones. There may be
pages filled with clarity and some left blank—and that's
okay. What matters is that you're here. Writing. Reflecting.
Healing. Trying.
You are not alone in this. Every page is a quiet reminder
that your story matters, your healing matters, and you
matter.***

***One word at a time, you're building something powerful:
a life fueled by purpose, resilience, and hope.***

We're proud of you.

— With strength,

***Your support team at the Center for Suicide Awareness
and Fox Valley Warrior Aid Alliance***



Personal Information

Full Name:

Preferred Name or Nickname:

Birthday:

____ / ____ / ____

Phone Number:

____ (____) _____

Email Address:

Mailing Address:

Emergency Contact Name:

Emergency Contact Relationship:

Emergency Contact Phone Number:

____ (____) _____

Primary Care Physician:

Physician's Phone Number:

____ (____) _____

Allergies or Medical Conditions:

Medications (Name & Dosage):

Mental Health Provider (if any):

Preferred Hospital or Clinic:

Insurance Provider and Policy #:

Important Notes:

If found, please return this journal to:

Your Reasons to Stay

Before you begin this journal, take a moment to reflect on the anchors in your life—the people, the memories, the goals that give your life meaning and remind you why you keep going.

These answers are for you. They don't change when your mood does. Revisit them on your hardest days. Let them ground you.

 **Who means the world to you?**

Why are they important?

 **What keeps you here when things get hard?**

What gives your life purpose, even on the darkest days?

 **What goals or dreams are still in your heart?**

What are you still fighting for?

 **What promises have you made to yourself—or to someone else?**

What do you want to stay alive to see, do, or become?

 **What is your purpose?**

What is your why?

Understanding your motivations, your pain, and your coping habits is a vital part of healing. This page is a space to be honest with yourself—without judgment, just awareness. Awareness brings power. And with power, you can begin to change.

 **Why do you want to heal, grow, or keep going?**

What is your 'why'?

 **Do you drink?**

Why do you drink? How does it affect you?

 **Do you cut or inflict pain on yourself?**

Why? What do you feel before, during, and after?

 **What is/are your negative coping mechanism(s)?**

Why do you turn to it? What purpose does it serve?

 **Is it harming you?**

Can you stop when you want to?

 **What are healthier options you could try?**

Even if it's one small thing. List some ideas.

Are you willing to try them? If not, what is stopping you?

Understanding Triggers

Sometimes, triggers feel like they come out of nowhere. One moment, everything seems fine—then suddenly, you're overwhelmed. I remember early in my healing journey, walking into a grocery store and being hit with a wave of panic I couldn't explain. My hands were shaky, my breath short, my heart pounding. My mind started racing, and all I could think about was getting out. I had to abandon my cart and leave the store just to catch my breath and try again another day.

That's the reality of triggers—they're often unpredictable and tied to deep, invisible wounds. A smell, a sound, a place, or even a memory can bring everything rushing back. It doesn't mean you're weak or broken. It means your mind is still trying to protect you from past pain.

This section is here to help you track those moments. Write them down. Try to identify what led up to it. Over time, patterns may emerge. Understanding your triggers is the first step in learning how to manage them—and reclaim your power.

Track Your Triggers & Build Better Habits

Awareness is the first step in breaking negative cycles and creating new, healthier habits. Use this page to notice patterns, identify your triggers, and intentionally respond with positive actions.

What triggers your stress, anxiety, or harmful behaviors?

Think about people, places, memories, times of day, or situations.

What do you feel in your body and mind when triggered?

Describe sensations, emotions, and thoughts.

What do you usually do in response?

Write your go-to coping response.

What healthier response could you try next time?

List any grounding tools, routines, or people who help.

 **Optional Daily Habit & Trigger Tracker:**

Date: _____

Trigger: _____

Emotion Felt: _____

What I Did: _____

What Helped: _____

If negative, what is a healthier Option to Try Next Time? _____

Date: _____

Trigger: _____

Emotion Felt: _____

What I Did: _____

What Helped: _____

If negative, what is a healthier Option to Try Next Time? _____

Date: _____

Trigger: _____

Emotion Felt: _____

What I Did: _____

What Helped: _____

If negative, what is a healthier Option to Try Next Time? _____

 **Optional Daily Habit & Trigger Tracker:**

Date: _____

Trigger: _____

Emotion Felt: _____

What I Did: _____

What Helped: _____

If negative, what is a healthier Option to Try Next Time? _____

Date: _____

Trigger: _____

Emotion Felt: _____

What I Did: _____

What Helped: _____

If negative, what is a healthier Option to Try Next Time? _____

Date: _____

Trigger: _____

Emotion Felt: _____

What I Did: _____

What Helped: _____

If negative, what is a healthier Option to Try Next Time? _____

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Success is how high you bounce when you hit bottom." - General George S. Patton

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"Courage is not the absence of fear, but the triumph over it." - Nelson Mandela

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Discipline equals freedom." – Jocko Willink

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Lead with strength. Serve with heart." Patton

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"If you're going through hell, keep going." -Winston Churchill

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Discipline is choosing between what you want now and what you want "

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"One person can make a difference, and everyone should try." -President John F. Kennedy

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Never let your fear decide your future."

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"When you feel like quitting, remember why you started."

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"The body achieves what the mind believes."

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"You were given this life because you are strong enough to live it."

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Courage is grace under pressure." – Ernest Hemingway

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"Train hard. Stay ready."

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Strength grows in the moments you think you can't go on, but do."

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"You've already survived 100% of your worst days."

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Stand tall. You've come too far to quit now."

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"Resilience is earned, not given."

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"You are your own mission."

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"Fall seven times, stand up eight." – Japanese Proverb

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Mindset is everything."

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"Be your own battle buddy."

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Progress, not perfection."

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"Tough times reveal true warriors."

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Stay the course."

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"You've got this. One breath at a time."

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Success is how high you bounce when you hit bottom." - General George S. Patton

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"Courage is not the absence of fear, but the triumph over it." - Nelson Mandela

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Discipline equals freedom." – Jocko Willink

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Lead with strength. Serve with heart." Patton

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"If you're going through hell, keep going." -Winston Churchill

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Discipline is choosing between what you want now and what you want "

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"One person can make a difference, and everyone should try." -President John F. Kennedy

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Never let your fear decide your future."

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"When you feel like quitting, remember why you started."

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"The body achieves what the mind believes."

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"You were given this life because you are strong enough to live it."

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Courage is grace under pressure." – Ernest Hemingway

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"Train hard. Stay ready."

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Strength grows in the moments you think you can't go on, but do."

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"You've already survived 100% of your worst days."

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Stand tall. You've come too far to quit now."

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"Resilience is earned, not given."

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"You are your own mission."

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"Fall seven times, stand up eight." – Japanese Proverb

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Mindset is everything."

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"Be your own battle buddy."

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Progress, not perfection."

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"Tough times reveal true warriors."

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Stay the course."

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"You've got this. One breath at a time."

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Success is how high you bounce when you hit bottom." - General George S. Patton

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"Courage is not the absence of fear, but the triumph over it." - Nelson Mandela

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Discipline equals freedom." – Jocko Willink

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Lead with strength. Serve with heart." Patton

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"If you're going through hell, keep going." -Winston Churchill

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Discipline is choosing between what you want now and what you want "

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"One person can make a difference, and everyone should try." -President John F. Kennedy

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Never let your fear decide your future."

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"When you feel like quitting, remember why you started."

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"The body achieves what the mind believes."

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"You were given this life because you are strong enough to live it."

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Courage is grace under pressure." – Ernest Hemingway

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"Train hard. Stay ready."

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Strength grows in the moments you think you can't go on, but do."

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"You've already survived 100% of your worst days."

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Stand tall. You've come too far to quit now."

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"Resilience is earned, not given."

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"You are your own mission."

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"Fall seven times, stand up eight." – Japanese Proverb

Service & Strength: Veterans' Daily Journal

Date: _____

Daily Check-In

Mood: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: (Poor/Fair/Good/Excellent)

Stress Level: (Rate 1-10) 1 2 3 4 5 6 7 8 9 10

Journaling Prompts

What is one thing you're proud of accomplishing today, no matter how small?

Describe a moment today where you felt connected to something bigger than yourself.

What is one step you can take today to honor your service and identity?

What is a challenge you are facing and how can you use your resilience to overcome it?

"Mindset is everything."

Write about a memory you are grateful for and how it brings you peace.

Visualize your ideal future. What steps can you take today to move closer to that vision?

Gratitude, Goals, & Wins

Gratitude: What are you grateful for today? _____

Goals: What is one goal you want to achieve this week? _____

Small Wins: What is one thing you accomplished today, no matter how small?

"Be your own battle buddy."

Coping Tools

Breathing Exercise: 4-7-8 Breath - This technique is all about controlling your breathing, which can have a calming effect. You start by inhaling for 4 seconds, holding your breath for 7 seconds, and then exhaling for 8 seconds. This process can be repeated as many times as needed until you start to feel more relaxed.

Mindfulness: Sensory Awareness - This involves taking a few minutes to focus on your senses. What can you see around you? What sounds can you hear? Can you smell anything? Is there anything you can taste? And what can you feel, like the chair you're sitting on or the ground under your feet? By focusing on these sensory experiences, you can help bring your mind back to the present moment and away from any stressful thoughts.

Grounding Techniques: 5-4-3-2-1 Method - This is another great technique for dealing with stress or anxiety. It involves naming:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

By focusing on these things, you can help ground yourself in the present moment, which can be really helpful when you're feeling overwhelmed.

Remember, it's always okay to reach out to a mental health professional if you're struggling. These techniques can be really helpful, but they're not a substitute for professional help if you need it.

[QR Code for Grounding Technique Video/App]

"If you're going through hell, keep going." - Winston Churchill

If you are in crisis, please reach out for help:

- Veterans Crisis Line: Dial 988 then press 1
- HOPELINE Text: Text "HOPELINE" to 741741
- Local Emergency Services: 911

Emergency Contacts

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Who always has my "6" no matter what.

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

My Service Organizations

Name: _____

Phone# _____

Positive Affirmations

I am resilient and capable of overcoming challenges.

I am worthy of love, respect, and happiness.

I honor my service and the sacrifices I have made.

I am healing and growing stronger every day.

I am in control of my thoughts and feelings.

I choose to focus on the present moment.

I forgive myself for my mistakes and embrace my imperfections.

Glossary

WDVA – Wisconsin Department of Veterans Affairs

What is it?

The WDVA is the state agency dedicated to serving Wisconsin veterans and their families. It works to ensure veterans receive the benefits, care, and support they've earned through their service.

What can they do for me?

The WDVA offers assistance with:

- VA claims and benefits (pensions, compensation, education, healthcare)
- Veterans Homes and long-term care
- Mental health programs and suicide prevention services
- State-specific benefits like the Wisconsin GI Bill, property tax credits, and more
- Grants, employment, and housing assistance

How do I reach them?

 Website: <https://dva.wi.gov>

 Main Office: (800) WIS-VETS (947-8387)

 You can also connect with a local County Veterans Service Officer (CVSO) for in-person help—find yours via the WDVA website.

Notify the VA Community Care hotline within 72 hours of a non-VA Emergency Room visit.

1-844-724-7842 (72H-RVHA)

Or online at:

<https://emergencycarereporting.communitycare.va.gov/request>

🔔 County Veteran Service Officer (CVSO)

What is a CVSO?

A County Veteran Service Officer (CVSO) is a trained local advocate who helps veterans and their families navigate the often complex system of federal, state, and local benefits.

They are your first point of contact for hands-on, personalized assistance with accessing the resources you've earned through your service.

How a CVSO Can Help You:

- 📄 Assist with filing VA claims (disability, pension, education, etc.)
 - 🏠 Provide info on healthcare, housing, and employment options
 - 🗣️ Advocate on your behalf with the VA and other agencies
 - 🤝 Connect you with community programs and peer support
-

How to Find One in Wisconsin:

Visit the Wisconsin County Veterans Service Officers Association (WICVSO):

🔗 www.wicvso.org

Use their interactive map or directory to locate the CVSO in your county, or call your county government directly and ask for Veterans Services.

You can also check:

📍 National Association of County Veteran Service Officers (NACVSO): www.nacvso.org

Fox Valley Veterans Council (FVVC)

The Fox Valley Veterans Council (FVVC) is a non-profit organization dedicated to supporting veterans in the Fox Valley region of Wisconsin. They connect veterans with vital resources and services to meet urgent and long-term needs.

Key Programs:

-  **Veterans Emergency Fund**
Financial assistance for veterans facing sudden hardships such as housing, utilities, or food insecurity.
 -  **Operation Dental Care**
Free dental care services for eligible veterans who may not qualify for VA dental benefits.
-

Contact Information:

 Website: www.foxvalleyveterans.org

Phone: 920-358-0662

 Based in Appleton, WI – Serving Outagamie, Calumet, and Northern Winnebago Counties

♥ The Center for Suicide Awareness

Based in Kaukauna, Wisconsin, the Center for Suicide Awareness is a nonprofit organization dedicated to providing emotional support, education, and awareness to prevent suicide, especially among veterans, first responders, and their families.

Key Service:

- 📱 HOPELINE™ Text Service
A free, confidential, 24/7 text line offering immediate emotional support for anyone facing stress, anxiety, depression, or crisis.
👉 Text "HOPELINE" to 741741
-

Additional Info:

- Offers training, outreach programs, and mental health advocacy
 - Partners with veteran-focused groups to reduce suicide rates
 - Encourages community involvement and volunteerism
-

Contact & Get Involved:

🌐 www.centerforsuicideawareness.org

📍 Fox Valley Warrior Aid Alliance (FVWAA)

A Wisconsin-based nonprofit organization dedicated to reducing suicide rates among veterans, service members, and first responders. FVWAA empowers those who serve through mental health support, practical resources, and community-driven care.

Key Programs & Services:

- 🛡️ Warrior Response Tool Kits
Free kits filled with tools to manage anxiety, trauma, and emotional overwhelm.
 - 👤 Resilient Kids Resource Kits
Mental health support kits for children of those who serve.
-

Contact & Get Involved:

🌐 Website: www.foxvalleywarrioraidalliance.com

✉️ Email: info@foxvalleywarrioraidalliance.com

📍 Serving the Fox Valley, Milwaukee, and Greater Wisconsin communities

LIVE ASSISTANCE
 General information, directory assistance and technical support for VA.gov



VA HEALTH CARE
 Eligibility, enrollment, locations and COVID-19



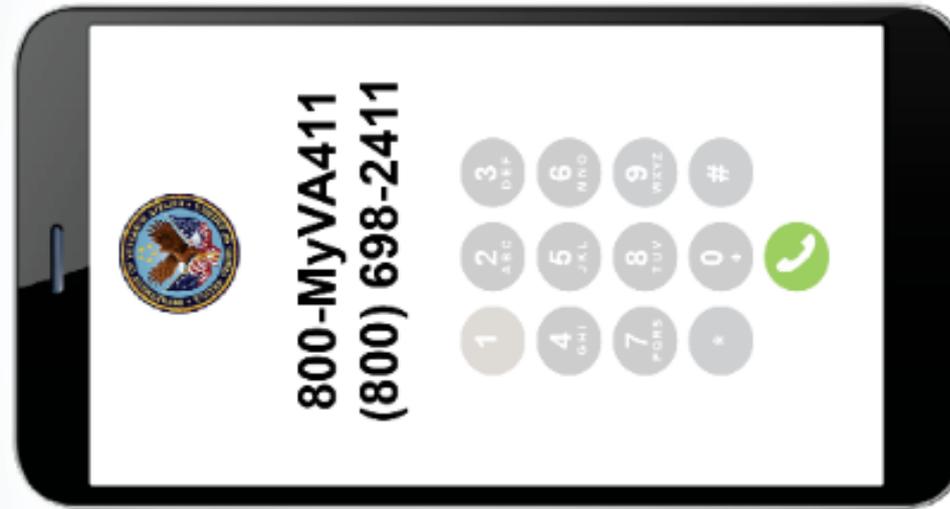
COMMUNITY HEALTH CARE
 MISSION Act eligibility, copayments



NATIONAL CEMETERIES
 Burial benefits, interment scheduling and headstone/Veteran marker



VETERANS CRISIS LINE
 Immediate connection to caring, qualified responders

DEBT MANAGEMENT
 Debt details, payment options and debtor rights



FACILITY LOCATOR
 Locations of medical centers, benefits offices or cemeteries



BENEFITS ASSISTANCE
 Information about a variety of VA benefits



HOMELESS VETERANS LINE
 Information and support for homeless and at-risk callers



COVID-19 INFORMATION
 Frequently asked questions and live assistance for COVID-related questions



Benefits

Education	Employment	Grants	Outdoor Recreation	Driver and Vehicle Licensing
Federal GI Bill®	Veteran Employment Services	Employment Grants	Hunting / Fishing License	Veteran License Plates
Wisconsin GI Bill	Professional/Occupational Licensure Fee Waiver	Retraining Grant	Wisconsin State Parks Pass	Driver License – Veteran Identifier
Wisconsin Veterans Private Nonprofit Schools Grant	Veteran Farmers	Grants for Local Government	Camp American Legion	
Vet Ed Reimbursement Grant	Veteran Owned Business	Nonprofit Grants	Wisconsin Sports	
	State of Wisconsin Employment	VSO Grants		
		Subsistence Aid/Health Care Aid Grants		

Several helpful apps can support veterans in managing their health, mental well-being, and access to benefits. Apps like PTSD Coach and Mindfulness Coach, developed by the Department of Veterans Affairs (VA), offer tools for coping with PTSD and managing stress. The VA [Health and Benefits app](#) provides access to VA services, while [VetsApp](#) offers discounts, compensation calculators, and more.

Mental Health Support:

[PTSD Coach:](#)

.A VA app designed to help Veterans manage PTSD symptoms, offering tools for mood tracking, coping strategies, and a safety plan.



[Mindfulness Coach:](#)

Teaches Veterans how to practice mindfulness for stress reduction and improved emotional balance.



[VetChange:](#)

Helps Veterans reduce or quit drinking by providing self-help tools and strategies for managing stress and urges related to drinking.

[AIMS for Anger Management:](#)

Provides tools for tracking, addressing, and managing anger, offering strategies to reduce frustration and gain control.



[CBT-i Coach:](#)

An app that uses Cognitive Behavioral Therapy techniques to help Veterans manage mental health challenges.

**Access to VA Services and Benefits:****[VA Health and Benefits app:](#)**

Provides direct access to essential services from the VA, offering an alternative to visiting the VA website directly.

**[My Military OneSource:](#)**

A resource for managing military life and accessing benefits and tools.

**[VetsApp:](#)**

Offers discounts, compensation calculators, and access to VA health and benefits.



Playlist Picks

Military Pride



Mental Battles



Calming / Meditation / Emotional Healing



Songs from Vietnam



Nature Sounds



VA/Doctor Appointment Trackers

Date: _____ Time: _____ Purpose: _____

Notes: _____

Date: _____ Time: _____ Purpose: _____

Notes: _____

Date: _____ Time: _____ Purpose: _____

Notes: _____

Date: _____ Time: _____ Purpose: _____

Notes: _____

Date: _____ Time: _____ Purpose: _____

Notes: _____

Date: _____ Time: _____ Purpose: _____

Notes: _____

Date: _____ Time: _____ Purpose: _____

Notes: _____

Date: _____ Time: _____ Purpose: _____

Notes: _____

Date: _____ Time: _____ Purpose: _____

Notes: _____

Date: _____ Time: _____ Purpose: _____

Notes: _____

Date: _____ Time: _____ Purpose: _____

Notes: _____

Date: _____ Time: _____ Purpose: _____

Notes: _____

Date: _____ Time: _____ Purpose: _____

Notes: _____

Date: _____ Time: _____ Purpose: _____

Notes: _____

Date: _____ Time: _____ Purpose: _____

Notes: _____

Date: _____ Time: _____ Purpose: _____

Notes: _____

Date: _____ Time: _____ Purpose: _____

Notes: _____

Date: _____ Time: _____ Purpose: _____

Notes: _____

Date: _____ Time: _____ Purpose: _____

Notes: _____

Date: _____ Time: _____ Purpose: _____

Notes: _____

Date: _____ Time: _____ Purpose: _____

Notes: _____

Date: _____ Time: _____ Purpose: _____

Notes: _____

Date: _____ Time: _____ Purpose: _____

Notes: _____

Date: _____ Time: _____ Purpose: _____

Notes: _____

Take Back the Controls: Advocate for Your Health

Your health is your mission. And no one is more qualified to report what's going on in your body than you.

When to Check In With Yourself:

- Your meds aren't helping like they used to
- You're noticing side effects that impact your daily life
- You feel numb, foggy, or unlike yourself
- You're on multiple prescriptions but still not improving
- You're not sure what some of your meds are even for

What You Can Do:

- **Speak up:** Tell your VA provider exactly how you're feeling.
- **Ask questions:** "What is this medication for?" "Are there alternatives?" "Can I try a lower dose?"
- **Track symptoms:** Use this journal to record how meds affect your mood, sleep, focus, and energy.
- **Bring support:** A family member or advocate can help ask questions if you feel overwhelmed.

Your Reminder:

"No one knows your body like you do. You live in it. You feel it. You are the expert."

You are not being difficult or dramatic by asking for help or requesting a change. You are taking control, and that is a form of strength—not weakness.

 **Quick Notes Section:**

Medication(s) I have questions about:

Side effects I've noticed:

Questions for my provider:

Alternative options I want to explore:

 **Quick Notes Section:**

Medication(s) I have questions about:

Side effects I've noticed:

Questions for my provider:

Alternative options I want to explore:

Fuel the Fight: Move Your Body, Feed Your Mind

Your mental health is deeply connected to how you fuel and move your body. Even small steps toward better nutrition and movement can lead to big changes in clarity, mood, and resilience.

Nutrition Matters

- A nourished body helps stabilize your mood and brain function.
- Skipping meals or eating poorly can worsen depression and anxiety.
- Aim for whole foods, protein, healthy fats, and hydration—even on rough days.
- Not hungry? Try smoothies, broth, small snacks, or easy-to-digest meals.

Move, Even If It's Just a Little

- On bad days, even getting out of bed is a win—start there.
- Stretch, walk, do 10 jumping jacks—whatever gets your body going.
- Movement releases endorphins, eases tension, and clears your mind.
- Don't aim for perfect. Aim for progress.

Some Days You Just Need Rest

- Listen to your body. If you're sleeping more, you may be recovering.
- Rest is part of the healing process, but it shouldn't be the only strategy.
- If you're resting more often than moving, check in with yourself or a provider.

Your Reminder:

You are not lazy. You are healing. And healing sometimes looks like rest—and sometimes looks like movement.

Start where you are. Eat. Drink. Move. Repeat.

 Quick Notes Section:

What did I eat today?

Did I move today? What helped me?

How did I feel after eating/moving?

What will I try tomorrow?

 Quick Notes Section:

What did I eat today?

Did I move today? What helped me?

How did I feel after eating/moving?

What will I try tomorrow?

 **Quick Notes Section:**

What did I eat today?

Did I move today? What helped me?

How did I feel after eating/moving?

What will I try tomorrow?

 Quick Notes Section:

What did I eat today?

Did I move today? What helped me?

How did I feel after eating/moving?

What will I try tomorrow?

 Quick Notes Section:

What did I eat today?

Did I move today? What helped me?

How did I feel after eating/moving?

What will I try tomorrow?

 **Quick Notes Section:**

What did I eat today?

Did I move today? What helped me?

How did I feel after eating/moving?

What will I try tomorrow?

 **Quick Notes Section:**

What did I eat today?

Did I move today? What helped me?

How did I feel after eating/moving?

What will I try tomorrow?

 **Quick Notes Section:**

What did I eat today?

Did I move today? What helped me?

How did I feel after eating/moving?

What will I try tomorrow?

 **Quick Notes Section:**

What did I eat today?

Did I move today? What helped me?

How did I feel after eating/moving?

What will I try tomorrow?

7 DAYS WORKOUT CHALLENGE



MONDAY

10 Push up
20 Squats
15 Lunges
40 Crunches
30 Sec Plank

30 Jumping jacks
5 Min walk

TUESDAY

10 Push up
20 Squats
15 Lunges
30 Crunches

WEDNESDAY

20 Push up
25 Squats
15 Lunges
50 Crunches
30 Sec Plank

30 Jumping jacks
10 Min walk

THURSDAY

20 Push up
25 Squats
20 Lunges
35 Crunches

FRIDAY

20 Push up
25 Squats
15 Lunges
50 Crunches
30 Sec Plank

SATURDAY

20 Push up
25 Squats
20 Lunges
35 Crunches

SUNDAY

Rest



WATER TRACKER

DAY	WATER INTAKE	DAY	WATER INTAKE
1	<input type="checkbox"/>	17	<input type="checkbox"/>
2	<input type="checkbox"/>	18	<input type="checkbox"/>
3	<input type="checkbox"/>	19	<input type="checkbox"/>
4	<input type="checkbox"/>	20	<input type="checkbox"/>
5	<input type="checkbox"/>	21	<input type="checkbox"/>
6	<input type="checkbox"/>	22	<input type="checkbox"/>
7	<input type="checkbox"/>	23	<input type="checkbox"/>
8	<input type="checkbox"/>	24	<input type="checkbox"/>
9	<input type="checkbox"/>	25	<input type="checkbox"/>
10	<input type="checkbox"/>	26	<input type="checkbox"/>
11	<input type="checkbox"/>	27	<input type="checkbox"/>
12	<input type="checkbox"/>	28	<input type="checkbox"/>
13	<input type="checkbox"/>	29	<input type="checkbox"/>
14	<input type="checkbox"/>	30	<input type="checkbox"/>
15	<input type="checkbox"/>	31	<input type="checkbox"/>
16	<input type="checkbox"/>		

Fuel the Mission: Take Care of You

When your mind is overwhelmed, your body often takes the hit first. Simple acts—eating, drinking water, resting—can be the first steps toward stability and strength.

Why It Matters:

- Hydration affects your focus, mood, and memory.
 - Food provides fuel for your brain and body. Skipping meals can worsen anxiety and fatigue.
 - Low energy, dizziness, irritability, brain fog? You might just need water, protein, or rest.
-

Quick Self-Check:

- Have I eaten today?
 - Have I had enough water?
 - Am I feeling lightheaded, shaky, or mentally foggy?
 - Do I need to step away for a snack or meal?
-

Tips to Stay on Track:

- Keep easy snacks (nuts, protein bars, fruit) nearby.
 - Fill a water bottle and set small goals: one sip every 10 minutes.
 - If you're not hungry, try a smoothie, soup, or small bites.
 - Set reminders or use sticky notes: "Drink. Eat. Breathe."
 - Pair eating with something comforting—music, a favorite show, or sitting in the sun.
-

Remember:

You wouldn't let a fellow warrior go on an empty stomach or with no water. Show yourself the same care.

File for Disability Check List

Personal & Service Information

- DD214 or other separation documents (Member-4 copy)
- Social Security number
- Banking information (for direct deposit)
- List of dependents (spouse/children), if claiming dependency

Medical Documentation

- Service treatment records (STRs)
- Private medical records related to claimed condition(s)
- VA medical records (if already receiving VA care)
- Nexus letter from a doctor (strongly recommended – connects current condition to service)

Evidence of the Disability

- Diagnosis of the condition(s)
- Evidence of in-service event, illness, or injury
- Evidence linking current condition to in-service event (Nexus)
- Buddy statements (from fellow service members, family, friends, etc.)

Application Forms

- VA Form 21-526EZ (Application for Disability Compensation and Related Compensation Benefits)
- VA Form 21-4138 (Statement in Support of Claim) — optional but useful
- VA Form 21-0781 or 21-0781a (for PTSD or personal trauma/MST claims)

Optional but Helpful

- Lay statements describing how the condition affects daily life
- VA Disability Benefits Questionnaires (DBQs) completed by medical professionals
- Relevant employment or income documentation (for TDIU claims)



www.centerforsuicideawareness.org



www.foxvalleywarrioraidalliance.com