



WOUNDED WARRIOR  
carebeyondduty

# AIRMAN FOR LIFE

MONTHLY LIFELINE

1 Apr 2020

[VA health](#) : Focusing on our emotional well being

[You are not alone: The VA is here for MST survivors](#)

[Want to reduce your debt, secure a home loan, or create a family budget?](#) VA is your partner. Veterans can access resources through VA and associated organizations to better manage their finances

[Reaching out in crisis with Telehealth](#) - VA services

[VA offers virtual appointments on Smart devices](#)

[EXERCISE FOR PEOPLE OVER 50](#): Keeping a routine is important. We have five exercises for you to stay active

[Veterans benefit from practicing mindfulness](#): Benefits of practicing mindfulness include reduced rumination, stress reduction, boosts to working memory, less emotional reactivity, increased cognitive flexibility, and relationship satisfaction. When we are present, we can make conscious, proactive choices about every aspect of our health

[PTSD Coach App](#) - From personalized photo albums and music playlists, to relaxation exercises, the PTSD Coach app has the tools to help address your needs.

[Heroes Linked](#): Resume advice, networking tips and assistance with finding Veteran-friendly jobs. Just a few of the professional development tools to those enrolled in the no-cost program.

[Future Careers](#): Four reasons to pursue occupational therapy careers serving veterans