



11 SUGGESTIONS FOR MANAGING PTS DURING THE COVID-19 PANDEMIC: A GUIDE FOR MILITARY VETERANS

IF YOU ARE EXPERIENCING A MENTAL HEALTH CRISIS, CALL THE VETERAN CRISIS LINE AT 1-800-8255.

Post-traumatic stress symptoms can become more severe during this time of isolation. This can take a toll on your mental well-being.

There are many steps you can take to mediate your symptoms. Here are a few:

- **Compile a battle buddy list.**
The list should be people you can talk to daily. Speak to someone every day.
- **Make a daily schedule.**
Make a work/sleep schedule every day and stick to it.
- **Stay organized.**
Being scattered and having things cluttered and unorganized can affect your mental health and add to your stress. Get things organized and keep them that way.
- **Exercise in the morning.**
Exercising in the morning can improve your mood and follows a schedule that mirrors the military.
- **Drink plenty of water.**
Staying hydrated makes you feel better and more alert.



- **Keep busy with work.**

Work on a schedule and everyday if possible. If you do not have work, find some tasks that need to be finished.

- **Take your prescriptions and multivitamins.**

Do not become complacent on taking your medications. There are meds that if suddenly stopped, will cause a downward spiral of mental health. Multivitamins will ensure you are getting the complete vitamins you need to help you stay physically and mentally healthy.

- **Try to eat balanced meals.**

Eating balanced meals will provide you with the correct nutrients your body needs to stay physically and mentally healthy.

- **Volunteer if possible.**

Give purpose and positive energy to your hyper alertness. If possible, volunteer on an emergency or crisis task force. Your military service will fit well, and it will concentrate your energy.

- **Meditate or practice relaxing breathing techniques.**

Use meditation or breathing techniques to relax, especially at night before trying to fall asleep. Gardening is considered by many to be a form of mediation.

- **Get plenty of sleep.**

Sleep is critical to your mental and physical health. Try to get at least eight hours every night.

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