



Veterans and Stigmas

As members of the armed forces transition from active military service to civilian life, they often face numerous challenges. One less visible but significantly impactful aspect of this transition is the existence and persistence of stigmas associated with veteran status. These stigmas, fueled by misconceptions and stereotypes, create unique obstacles for veterans and can affect their psychological well-being, social interactions, and overall quality of life.

Understanding Stigma

Stigma refers to the negative attitudes, beliefs, and perceptions that people hold towards certain groups in society. For veterans, these stigmas are often rooted in societal misconceptions about military service and its aftermath. Stigmas can contribute to discrimination, prejudice, and social exclusion, exacerbating veterans' issues when reintegrating into civilian life.

Common Stigmas Associated with Veterans

1. Mental Health Problems

One of the most pervasive stigmas related to veterans is the presumption of mental health disorders, particularly Post-Traumatic Stress Disorder (PTSD). While PTSD and other mental health issues can affect veterans due to the unique stresses of military service, it's important to note that not all veterans suffer from these conditions. According to the U.S. Department of Veterans Affairs, only about 11-20% of veterans from recent conflicts have PTSD each year. The misconception that all veterans are psychologically damaged can lead to detrimental consequences, such as reluctance to hire veterans or forming relationships with them....

Understanding and addressing the stigma associated with veterans is crucial to supporting these individuals as they transition from military to civilian life. Society can challenge and change these stigmas with education and mental health awareness. By doing so, we can help to ensure that veterans receive the respect, support, and opportunities they deserve....

Complete Blog Article is available on <http://www.theveterandocor.com/>



From Warriors to Champions: Parallel Transitions of Combat Veterans and Professional Athletes

The transition from a high-intensity career, such as combat in the military or a professional athlete's life, is a profound and challenging experience. While these paths may seem vastly different, combat veterans and professional athletes often share similar transitional journeys. Both groups face unique psychological, emotional, and social adjustments as they navigate life beyond their respective careers. This article explores the commonalities in their transitional experiences, highlighting the challenges they encounter and the support systems available to aid their successful reintegration into society.

Identity Shift: Both combat veterans and professional athletes often experience a significant identity shift during their transition. In their careers, they develop a strong sense of self based on their roles and responsibilities. When this career ends, they may struggle to redefine themselves outside of their familiar roles. The loss of identity can lead to a sense of purposelessness and can be emotionally challenging.

Loss and Grief: Combat veterans and professional athletes both face losses and grief during their transition. For combat veterans, the loss may include the camaraderie, sense of mission, and the adrenaline rush that comes with the battlefield. Professional athletes, on the other hand, mourn the loss of their physical abilities, competitive environment, and the limelight that comes with their career. Coping with these losses is essential for both groups to move forward successfully.

Physical and Mental Health Challenges: The physical and mental toll of combat and professional sports can have lasting effects on veterans and athletes. Combat veterans often grapple with post-traumatic stress disorder (PTSD), traumatic brain injuries (TBIs), and other physical disabilities. Similarly, professional athletes may face injuries, chronic pain, and mental health issues like depression and anxiety. Access to proper healthcare and mental health support is crucial for both groups during

their transitional period.

Transition to a Different Routine: Combat veterans and professional athletes are accustomed to structured routines that revolve around their careers. When they transition out, they must establish new routines and adapt to a different pace of life. This adjustment can be overwhelming and may lead to feelings of restlessness and aimlessness. Developing a sense of structure and purpose in their post-career lives becomes crucial for their well-being.

Reintegration Challenges: Both combat veterans and professional athletes face challenges when reintegrating into society. After being immersed in a unique culture and environment, they may struggle to connect with people who haven't shared similar experiences. The transition from a highly specialized career to a civilian life that may seem mundane and uneventful can be isolating. Building a new support network and finding ways to connect with others becomes imperative for a successful transition.

Transferable Skills and Leadership: Despite the challenges, combat veterans and professional athletes possess transferable skills and qualities that can benefit them in their post-career endeavors. Discipline, resilience, teamwork, and leadership are traits honed through their previous experiences. Recognizing these strengths and leveraging them in different contexts, such as pursuing higher education, entrepreneurship, coaching, or mentoring, can contribute to a successful transition.

Acknowledging these shared experiences is vital for fostering empathy and understanding among combat veterans, professional athletes, and the broader society. By recognizing the challenges they face, we can work together to provide comprehensive support systems that address their specific needs during this critical phase of their lives....

Complete article is on [The Veteran Doctor Blog](http://www.theveterandocor.com/). Please go to <http://www.theveterandocor.com/> for this article and more.

This Issue

From Warriors to Champions **P.1**

Veterans and Stigmas **P.1**

Trust Barriers **P.2**

Monthly Resource Picks **P.2**

Upcoming Local Events **P.2**



Fishing and Hunting Therapy for Veterans: A Powerful Path to Healing

Returning from military service can often leave veterans grappling with a range of physical and psychological challenges. Many veterans have turned to the therapeutic benefits of fishing and hunting to address these issues and aid in healing. These outdoor activities not only provide a break from the stresses of daily life but also offer a unique and rewarding experience that can promote physical, mental, and emotional well-being. In this article, we will explore the positive impact of fishing and hunting therapy for veterans, highlighting its benefits and discussing various programs and initiatives designed specifically for their needs.

The Therapeutic Benefits:

Stress Reduction: Fishing and hunting allow veterans to escape the pressures and demands of everyday life. The serene environment of a fishing spot or the

immersion in nature during a hunting expedition can have a calming effect, reducing stress and anxiety levels. The repetitive motion of casting a line or the focus required for tracking game can act as a form of meditation, promoting relaxation and mental clarity.

Connection with Nature: Spending time outdoors can be revitalizing, especially for those who have spent significant periods in urban or combat environments. Engaging with the natural world while fishing or hunting provides a sense of freedom, tranquility, and reconnection with the environment. Observing the beauty of nature, such as a breathtaking sunrise or the sounds of wildlife, can be profoundly therapeutic.

Physical Exercise: Both fishing and hunting involve physical activity that can contribute to overall health and well-being. Fishing often requires walking, wading, or

boating, which can improve cardiovascular fitness, strength, and coordination. Similarly, hunting involves traversing various terrains, maintaining stamina, and engaging in activities such as tracking, hiking, or carrying equipment, leading to increased physical fitness levels....

One of the most significant benefits of fishing and hunting therapy for veterans is the opportunity for social connection and camaraderie. Participating in fishing and hunting programs and events allows veterans to engage with fellow veterans, forming bonds through shared experiences. The sense of belonging and understanding that comes from being part of a community of like-minded individuals can profoundly impact mental health and well-being....

For the complete article, please lookout for the upcoming book "Dodging the Shrink." For more information go to www.theveterandoctor.com

Monthly Resource Picks



Nevada Outdoor Adventure Foundation

<http://www.nvoaf.org/>

The Nevada Chapter of the Outdoor Adventure Foundation is a 501 (c) (3). We provide Hunting, Fishing, and outdoor adventures for veterans in need, some are wheelchair-bound caused by injury during active military service or who have lost a limb during active military service.

We also provide hunting, fishing, and outdoor adventures for children under the age of 18 and young adults under the age of 25 with cancer or another life-threatening illness.

Our Outdoor adventures include numerous Big game and Bird Hunts Including Dove, Pheasant, and Quail, Fresh and Saltwater Fishing trips, Camping and many other outdoor adventures.



Merging Vets & Players

<http://www.vetsandplayers.org/>

Our nation's warriors - from every field of battle - possess a sense of strength, of excellence, and of commitment that we seldom see here at home. However, far too many of them are struggling to transition their abilities towards a new mission - leading themselves, their families, and their communities off the field.

Upcoming Local Events

- Branded One CrossFit-BJJ Fundamentals – Branded One CrossFit – 2055 E. Windmill Ln #125, Las Vegas, NV 89123 USA –Thursday, June 8th, 15th, 22nd, 29th, 2023 @ 8:00am – Occurs Every Thursday!
- SNVCC Veteran Coffee Connections – Royal Coffee Roasting – 5608 S. Rainbow Blvd, Las Vegas, NV 89118, USA - Tuesday, June 6, 2023 @ 9:30am
- SNVCC Race to Erase 22 – Volunteer & Program Outreach – Social Dirt Cantina – 6161 Jo Marcy Dr., Las Vegas, NV 89131, USA - Thursday, June 8, 2023 @ 6:00pm
- NVOAF Vet Camp – Fly Fishing and Fun! - Horsethief Gulch Campground & Eagle Valley Reservoir, NV 891043, USA – Friday - Sunday, Jun 16-18, 2023 @ 0800am
- NVOAF Fundraising Banquet – Gold Coast Hotel and Casino – 4000 W. Flamingo Rd, Las Vegas, NV 89103, USA, Saturday, July 8, 2023 @ 6:00pm – 9:00pm



702-215-8899 phone
info@theveterandoctor.com email
www.theveterandoctor.com website



702-277-1180 phone
702nap@gmail.com email
www.theveterandoctor.com/nap website