

Rose-Colored Combat Goggles: A Veteran's Guide to Optimism and Perspective

Life after service can be a bit of a mixed bag. One minute, you're enjoying a free meal at Applebee's on Veterans Day, and the next, you're trying to figure out how to fold a fitted sheet like a normal civilian. But fear not, my fellow warriors, for we have faced greater challenges than deciphering the inner workings of a suburban life. Today, we embark on a new mission: Operation Perspective and Optimism (aka "How to See the World Through Rose-Colored Combat Goggles").

Step 1: Embrace the "Civvy" Life

Gone are the days of waking up at the crack of dawn to the sound of reveille or shoveling down an MRE in record time. In the civilian world, mornings are for sipping coffee, not dodging bullets. Embrace the mundane and find solace in the fact that the toughest decision you'll make today is whether to wear the red flannel or the blue.

Step 2: Channel Your Inner Drill Sergeant

Remember that guy who screamed in your face until you could do push-ups in your sleep? Channel that intensity and use it to motivate yourself in your new life. Approach every task with the same level of commitment and drive that you used to conquer basic training. If you can survive a 20-mile ruck march, you can manage the office coffee maker.

Step 3: Find the Humor in Everything

You've spent years developing a dark and twisted sense of humor that only your fellow vets can truly appreciate. But now's the time to bring that wit into the light and find the humor in everyday life. Traffic jam? Pretend it's a convoy, and you're leading the charge. Neighbors having a heated argument? It's just like listening to two privates bickering over who has to pull KP duty.

Step 4: Gratitude Is Your New Battle Buddy

Sure, your days of jumping out of airplanes and rappelling from helicopters are over, but that doesn't mean your life is any less exciting. Take a moment each day to appreciate the little things, like sleeping in a bed instead of a foxhole or being able to walk through the grocery store without wearing body armor. Gratitude is a powerful weapon in the fight for optimism.

Step 5: Be a Master of Adaptation

Veterans are no strangers to adapting to new situations. You've been thrown into unfamiliar territory more times than you can count, and you've always come out on top. Embrace your innate ability to roll with the punches and find creative solutions to life's challenges. Who says you can't use your camo netting as a decorative throw for your couch?

In conclusion, seeing the world through rose-colored combat goggles is all about embracing the quirks and challenges of civilian life with the same gusto and resilience that made you an unstoppable force in the military. So, strap on those goggles and prepare to march headfirst into a brighter, more optimistic future. After all, you didn't fight for our freedom just to spend the rest of your days wallowing in pessimism. Semper Gumby, my friends.

Complete article is on [The Veteran Doctor Blog](http://www.theveterandoc.com/). Please go to <http://www.theveterandoc.com/>

**A Veteran's Guide to Massage Therapy**

Ah, the life of a veteran: the never-ending march of parades, discounts at IHOP, and thousands of thank-yous from strangers who have never hiked a mile in your combat boots. But amidst all the fanfare, what's a hardened warrior to do when the PTSD from the sounds of war is nothing compared to the pain of a chronically knotted back? The answer, my friends, is the ancient art of massage therapy, a practice that has been around longer than MREs and will taste better.

Now, before you take your camo-clad rear to the nearest spa, let's address the elephant in the room: Yes, you, the mighty veteran, are considering letting someone rub your weary muscles with scented oils while the soothing sounds of a waterfall play in the background. No, this does not mean you're going soft. It means you're about to experience a level of relaxation that's better than a weekend pass to Las Vegas.

So, without further ado, let's dive into the world of massage therapy and explore how it can help turn you from a human-shaped stress ball into a well-oiled machine – literally.

Battlefield to Massage Table: The Transition

Your first order of business is to find a massage therapist who can handle your Herculean physique and war-hardened soul. Trust us, you don't want a therapist who's going to take one look at your collection of service medals and start massaging you with the intensity of a feather duster. Seek out a licensed professional with experience working with veterans, so they know how to handle that pesky bullet wound scar or the "I-survived-an-IED" lower back pain.

Mission: Relaxation

Once you've found a suitable therapist, it's time for the fun part: picking your massage type. There's Swedish, deep tissue, hot stone, and the ever-popular "I-don't-care-just-make-the-pain-stop" massage. Discuss your preferences and needs with your therapist, so they don't accidentally turn you into a pretzel or start a tickle fight instead of relaxing your muscles.

The Rubdown: Embrace the Oils

If you think you're too tough for essential oils, think again, soldier. Those tiny vials of scented goodness have been used for centuries to promote relaxation, ease muscle tension, and improve mood. Embrace your inner hippie and let the calming aroma of lavender transport you to a world where drill sergeants don't exist, and the only marching you'll be doing is to the beat of your own drum.

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After your massage, you might feel a little sore or disoriented, like you've been thrown off a Humvee, but in a good way. Give yourself some time to bask in the glow of your newly relaxed muscles before you attempt any high-stakes missions, like driving home or engaging in a heated debate about which branch of the military is the best. Stay hydrated, and remember: Rome wasn't built in a day, and neither will your perfectly pain-free body. Regular massage sessions can help keep you in fighting shape, even if the only battles you're fighting now are the long lines at the grocery store.

Now that we've established the importance of massage therapy for veterans, it's time to give a shout-out to the unsung heroes of the operation: the massage therapists themselves. These miracle workers have the power to turn your body from a twisted mess of knots and tension into a well-tuned instrument of relaxation. They're like the special ops of the massage world – highly skilled and ready to disarm even the tightest of muscles.

Massage Techniques: Unlocking the Veteran Arsenal

You may have learned a thing or two about survival and weaponry during your time in the service, but massage therapy has its own set of tools and techniques to master. Here's a quick rundown of some popular massage styles that can help you make the most of your time on the table:

Trigger Point Therapy: Think of this technique as the sniper of the massage world. It targets specific "knots" or tight spots in your muscles and applies direct pressure to release tension. It might feel like a tiny jackhammer at work, but hey, you've survived worse.

Shiatsu: This Japanese massage technique involves finger pressure on specific points along the body's energy pathways (or "meridians") to restore balance and promote relaxation. It's like acupuncture without the needles – a win-win in our book.

Sports Massage: Designed for athletes but suitable for weekend warriors, sports massage helps improve flexibility, reduce muscle soreness, and prevent injury. Consider this your personal boot camp for muscles that have gone AWOL.

Reflexology: This technique focuses on the hands and feet, applying pressure to specific points that correspond to organs and systems throughout the body. It's the closest you'll get to a full-body massage without taking off your socks – and let's face it, nobody wants to see those battle-scarred feet.

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



From Camo to Waders: A Veteran's Guide to Hunting and Fishing Therapy:

Picture this: You're a battle-hardened veteran, and you've traded your fatigues for civilian clothes, your M4 for a fishing pole, and your MREs for a cooler full of cold ones. You've officially entered the wild and wacky world of hunting and fishing therapy, where the only thing that rivals the thrill of a well-executed ambush is the satisfaction of reeling in a trophy fish or bagging a majestic buck. So, strap on your waders, grab your favorite camo hat, and let's dive into the great outdoors with the same gusto you once used to dominate the battlefield.

Step 1: Find Your Inner Outdoorsman

First things first: It's time to channel your inner Davy Crockett and get in touch with the great outdoors. Whether you're an experienced hunter or angler or a total newbie, there's no better way to hone your skills than by spending time in Mother Nature's playground. So, pack your bags and head for the hills, because the wilderness is calling, and it's got your name written all over it (in deer urine, but we'll get to that later).

Step 2: Gear Up for Adventure

You wouldn't go into combat without the proper gear, and the same goes for hunting and fishing therapy. Stock up on essentials like a sturdy rod and reel, a reliable firearm, and enough camouflage to make even a Navy SEAL jealous. And don't forget the most critical piece of equipment: a valid hunting or fishing license. There's no sense in trading your old war stories for new tales of battling the local game warden.

Step 3: Embrace the Art of Patience

If you thought waiting for orders during a deployment was tedious, just wait until you're sitting in a tree stand or casting your line for the thousandth time. Hunting and fishing therapy is all about patience, so settle in, take a deep breath, and enjoy the peace and quiet that comes with stalking your prey. Who knows – you might even find yourself wishing for more downtime between firefights.

Step 4: Master the Element of Surprise

Hunting and fishing require a certain level of stealth and cunning, two skills that should be second nature to any veteran worth their salt. Channel your inner ninja and learn to move silently through the woods, blend seamlessly into your surroundings, and strike with the precision of a seasoned sniper. Remember: In the battle between man and beast, the element of surprise is your greatest weapon.

Step 5: Celebrate the Victories (and the Misses)

Whether you manage to bag the biggest buck in the forest or come up empty-handed, hunting and fishing therapy is all about celebrating the experience. Rejoice in the camaraderie of your fellow outdoorsmen, the thrill of the chase, and the satisfaction of knowing that you've traded the stresses of military life for a simpler, more primal form of excitement. And when you do finally catch that elusive fish or land that perfect shot, bask in the glory of your achievement – you've earned it.

Step 6: Give Back to the Great Outdoors

As a veteran, you've spent years fighting to protect our freedoms, and now it's time to do your part to preserve the natural world that has provided you with so much enjoyment and therapy. Practice responsible hunting and fishing, follow all local regulations, and leave your favorite wilderness spots better than you found them. After all, the only thing more satisfying than a successful hunt is knowing that you're helping to ensure the survival of our planet's most precious resources.

Step 7: Bond with Fellow Veterans

Few things are more therapeutic than spending time with people who share your experiences and understand your unique perspective. Join a local hunting or fishing club specifically for veterans, or participate in outdoor events and excursions organized by veteran-focused organizations. The camaraderie forged in the wilderness can rival that of your time in the service, and it's a powerful reminder that you're not alone in your journey to heal and find peace.

In the end, hunting and fishing therapy isn't just about bagging a trophy or reeling in the big one; it's about rediscovering yourself in the wild, reconnecting with fellow veterans, and finding solace in the serenity of nature.

For the complete article, please go to www.theveteransdoctor.com

Monthly Resource Picks



Waypoint Vets

www.waypointvets.org

Waypoint Vets is a 501(c)(3) Non-Profit Organization that facilitates unique opportunities of Camaraderie and Healing for Military Veterans across America. Our adventures combine mental and physical intensity with the stillness and beauty of nature. We strive to deliver meaningful and lasting experiences that our Veteran participants can look forward to and reflect upon. The Heartbeat of Waypoint's Mission is to Honor our Fallen by *Living*, and by taking back our Health and Happiness – *together*.



NV Outdoor Adventure Foundation

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.

Upcoming Local Events

- SNVCC Veteran Coffee Connections – Roma Coffee– 3700 S. Hualapai Way Suite 109 Las Vegas, NV 89147 - Tuesday, April 4, 2023 @ 9:30am
- Eight Cigar Lounge-Quarterly Business Mixer-Eight Lounge (Resorts World)- 3000 S Las Vegas Blvd, Las Vegas, NV 89109, USA - Wednesday, April 5, 2023, @ 5:00pm
- Professional Sales Training Workshop w/ADP & Peak Performance Partners- WeWork Town Square-ADP Office- 6543 S Las Vegas Blvd, Las Vegas, NV 89119, USA– Wednesday, April 12, 2023, @ 11:00am
- Honor Flight Southern Nevada-Harry Reid Airport-Terminal 1-Level 2 above Baggage Claim-5757 Wayne Newton Blvd, Las Vegas, NV 89119 USA– Sunday, April 16, 2023, @ 11:30-12:30am
- Ground Poundin' 5K Fun Run/Walk – Mountains Edge Regional Park– 8101 W Mountains Edge Pkwy, Las Vegas, NV 89178, USA- Saturday, April 22, 2023, 8:30am



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