

Veteran Patience

It's a well-known fact that veterans are famous for their endless patience and adoration for civilian life, right? Their infinite tolerance for our mundane, civilian problems is nothing short of miraculous. Let's take a moment to reflect on how gracefully they endure the unique trials and tribulations of civilian life, shall we?

Ah, the joys of "What did you do in the military?" This might be the most cherished question for a veteran, who just can't wait to recount their experiences. When civilians pry into the deepest and darkest corners of a veteran's military life, it's no doubt met with sheer enthusiasm. Veterans are simply thrilled to have their military service dissected like an alien in a sci-fi movie.

And who doesn't love the misguided war movie banter? Civilians, with their unmatched expertise in military strategy, are never afraid to debate the accuracy of Hollywood depictions. Veterans, on the other hand, just can't get enough of these conversations, grateful for the opportunity to hear opinions on things like bullet trajectories and hand-to-hand combat from those who have only experienced it through a screen.

Furthermore, the priceless looks of bewilderment when a veteran mentions the word "deployment" are just the cherry on top. The subtle mix of confusion and curiosity that follows is a priceless interaction that veterans cherish deeply. The concept of leaving their families behind and putting their lives on the line for their country is, without a doubt, something every veteran is eager to chat about over a cup of coffee.....

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



Veteran Depression and Anxiety

Life after military service is a new beginning, often filled with challenges and opportunities. However, as a veteran, navigating the landscape of depression and anxiety can be a steep climb. In this article, we explore the complexities of mental health in the veteran community from the perspective of a veteran, touching on ways to cope and seek help in order to lead a fulfilling post-service life. Military life, a walk in the park, right? Who wouldn't love the thrilling experiences of combat and the pure joy of adjusting to a "normal" life afterward? In all seriousness, though, military service can leave indelible emotional scars on the minds of our beloved veterans. We're here to sarcastically admire the often overlooked yet genuinely prevalent issues of veteran depression and anxiety, their not-so-obvious causes, and the delightful cocktail of support and treatment options available.

The "Small" Problem

Depression and anxiety are just minor issues in the veteran community, aren't they? Well, not exactly. The U.S. Department of Veterans Affairs suggests that a whopping 1 in 3 veterans seeking treatment suffer from depression, anxiety, or both. Moreover, the National Center for PTSD says around 11-20% of Iraq and Afghanistan war veterans experience PTSD. So, it turns out that these conditions are not "small" problems after all!

Such "Unique" Causes of Veteran Depression and Anxiety

Who would have thought that being a veteran could come with a unique set of stressors leading to depression and anxiety? Let's explore the oh-so-surprising factors that contribute to the mental health of our heroes:

- Traumatic experiences: Veterans only deal with life-threatening situations, the death of comrades, and the horrors of war, but hey, no biggie, right?
- Transition challenges: Who knew that adjusting to civilian life after service could be so darn difficult?

This Issue

Veteran Depression and Anxiety **P.1**

Veteran Patience **P.1**

Veterans and Brazilian Jui-Jitsu **P.2**

Monthly Resource Picks **P.2**

Upcoming Local Events **P.2**

It's just a simple matter of finding a new career, fitting into society, and completely changing one's routine!

- Physical injuries: Injuries like traumatic brain injuries and chronic pain couldn't possibly affect someone's mental health. Oh, wait.
- Loss of camaraderie: When veterans leave the service, they apparently leave behind that special bond with their military peers. Who could have guessed that losing this support system might lead to depression and anxiety?

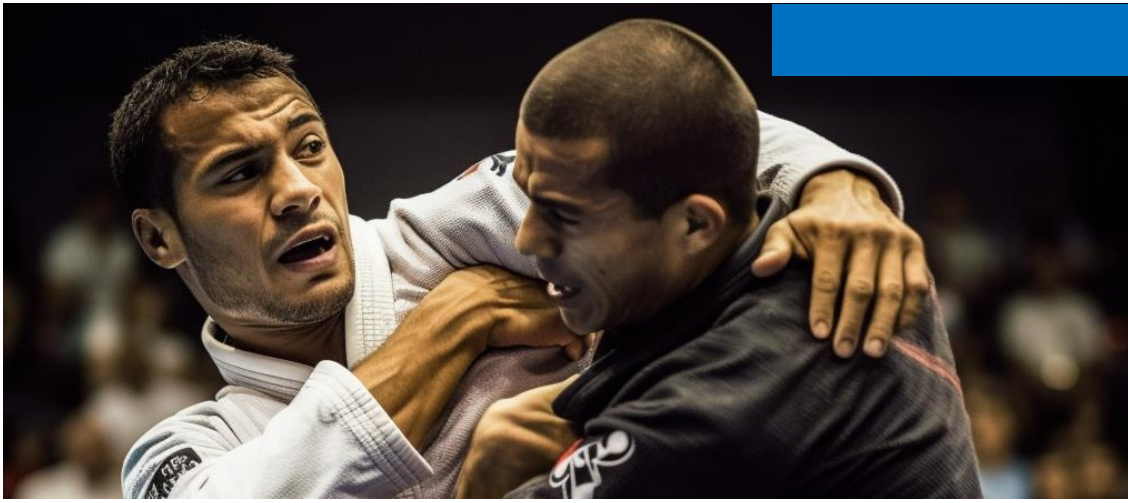
Strength in Adversity: The Stigma and the Struggle

As a veteran, I can attest to the fact that acknowledging and discussing mental health issues is no easy task. The stigma surrounding mental health in the military community can make it difficult to open up and seek help. However, through honest conversation and vulnerability, we can break down barriers, encourage understanding, and pave the way for fellow veterans to receive the support they need.

A Path to Resilience: Thriving Beyond Depression and Anxiety

Despite the challenges of depression and anxiety, I firmly believe that recovery is attainable for veterans. Through professional help, self-care, and the support of our community, we can overcome these mental health challenges and build a meaningful life after service. It's important to remember that resilience is at the core of every veteran's experience, and it's that resilience that can propel us towards better mental health and a brighter future. It's crucial for us, as a society, to make sure these brave souls get the resources and care they deserve. And hey, maybe even take a moment to genuinely appreciate their sacrifices, because sarcasm aside, they've earned it.

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



Veterans and Brazilian Jui-Jitsu

Prepare yourselves, dear readers, for yet another mind-blowing phenomenon that has taken the world by storm, where weathered warriors are finding solace and a surprising way to rekindle their youthful energy: Brazilian Jiu-Jitsu (BJJ). Indeed, military veterans, who once upon a time bravely served their countries in various capacities, have now found a new mission: mastering the delicate art of grappling and ground fighting. As if life wasn't thrilling enough, these former soldiers are now entangling themselves in a web of gi's and submissions to pass the time.

The Unlikely Bond: Veterans and BJJ

One would think that after serving their country, a well-deserved break would be in order, but apparently, retirement is just too boring. Who needs rest and relaxation when you can spend

your days being choked and put into arm bars? Well, the joke's on us because Brazilian Jiu-Jitsu is proving to be a game-changer for many veterans.

The Perks of Pummeling: Life After Service

Ah, the countless benefits of practicing Brazilian Jiu-Jitsu. Not only do our veterans get the chance to relive the good ol' days by partaking in some physical tussles, but they also get the pleasure of experiencing all the joys of BJJ – like chronic soreness and never-ending laundry. Who wouldn't want that?

A Community Unlike Any Other

Brazilian Jiu-Jitsu is known for its tight-knit community where sarcasm has no place (except for maybe this article). Veterans, who may struggle to connect with the outside world after their service, are welcome

with open arms by their fellow BJJ practitioners. The mats become a melting pot of people from various backgrounds, with everyone's goal being the same: learn, grow, and tap out. Veterans now have the chance to form new, valuable connections and feel a sense of belonging. Aww, isn't that sweet?

As if discovering a newfound passion for BJJ wasn't enough, these veterans also get to enjoy some incredible side effects that, frankly, they probably didn't see coming. Say goodbye to the days of simply attending barbecues and playing golf; it's time to welcome some more excitement to the mix.

Brazilian Jiu-Jitsu truly is a powerful force in the lives of many veterans. So, if you're a veteran considering Brazilian Jiu-Jitsu, why not give it a shot? You might just love it.

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

Monthly Resource Picks



Branded One Crossfit

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

“Change Your Life With Us.”

After spending time in our facility and with our team we want our members to walk out of our doors after a workout and feel like they are a better version of themselves. It isn't the scientific sum of calories, workouts, and weight that keeps our members returning. It is not the cutting-edge equipment and technology. It is the people that count.

Not only can we help you meet your health and fitness goals, but we also do something, unlike any other gym in Nevada. Our Las Vegas CrossFit gym operates off community donations & paid memberships. This has allowed us to provide FREE Gym Memberships to disabled servicemen and women in Las Vegas & Henderson.



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

- SNVCC Leatherneck Club Happy Hour – The Leatherneck Club - 4360 W Spring Mountain Rd, Las Vegas, NV 89102, USA – Monday, May 1, 2023 @ 6:00pm
- SNVCC Veteran Coffee Connections – Mothership Coffee – 2625 St Rose Pkwy, Henderson, NV 89052, USA - Tuesday, May 2, 2023 @ 9:30am
- Branded One Crossfit – BJJ Fundamentals – Branded One Crossfit - 2055 E Windmill Ln #125, Las Vegas, NV 89123, USA - Thursday, May 4, 2023, @ 9:00am
- SNVCC Veteran Coffee Connections – Public Works – 314 S Water St #110, Henderson, NV 89015, USA - Tuesday, May 16, 2023 @ 9:00am
- MAC Night Out – Westgate - 3000 Paradise Rd, Las Vegas, NV 89109, USA – Thursday, May 18, 2023 @ 5:30pm – 8:30pm
- Ride for the Troops – Red Rock Harley Davidson – 2260 S. Rainbow Blvd, Las Vegas, NV 89146, USA, Saturday, May 20, 2023 @ 9:00am – 3:30pm
- Veterans Festival – Pahrump Nugget Casino – 681 S. Highway 160, Pahrump, NV 89048, Saturday May 27, 2023, USA @ 11:00am – 3:00pm



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



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