

HOLIDAY SURVIVAL GUIDE

for Women Veterans



CREATE TIME FOR YOU

Schedule time every day to do something for your own health and wellness.



ASK FOR HELP

If you have too much on your plate, let someone know. Asking for help is a sign of strength.



CALL OR TEXT 855-829-6636

The Women Veterans Call Center can help you find resources and services in your area.



SET BOUNDARIES

It is okay to say no. Set healthy limits and don't overschedule yourself.



EXERCISE REGULARLY

Try a new workout or take a walk. Exercise reduces stress and anxiety.



MAKE CONNECTIONS

Reach out to friends and fellow Veterans or try activities like volunteering.