



## 5 Minutes to a Better Mood



### Military Culture

Serving in the military is an experience that doesn't have a counterpart in civilian life, and as such this makes the reintegrating of veterans into civilian life a challenging process. Military experiences affect veterans in evident manners; however some effects such as Post Traumatic Stress Disorder (PTSD) are not as easily identified. PTSD, anxiety, depression, and chronic pain are all issues that veterans face and are actively being addressed and researched by the medical and nursing communities.

### How Can You Feel Better?

A traumatic event disrupts your life. There is no simple fix to make things better right away. But there are actions that can help you, your family, and your community heal. Try to:

Follow a normal routine as much as possible.

Help other people in your community as a volunteer. Stay busy.

Accept help from family, friends, co-workers, or clergy. Talk about your feelings with them.

Limit your time around the sights and sounds of what happened. Don't dwell on TV, radio, or newspaper reports on the tragedy (CDC, 2013).

### Exercise and Stay Active!

There's a big connection between exercise and mood!

It is believed that mood can improved with in five to ten minutes of exercise because of a boost in brain-derived neurotropic factor (BDNF, a protein the helps the brain adapt to stressors and repair itself) which can be low in most people with depression, anxiety and PTSD.

A moderate level of exercising is the best way for improving mood. The reason is that pushing hard can delay the boost because the exertion initially feels bad (Runners World, 2014).

Just take 5 minutes! Consider walking, easy running, jump rope, yoga, or lifting lighter weights.

#### **REMEMBER!**

*It will take time to improve!*

*Following steps that encourage a healthy lifestyle will help!*