

Six Ways to Treat Post Traumatic Stress and Moral Injury in Veterans

1. Get adequate nutrition. Easy on sugar and salt, plenty of fruits and vegetables. IVW member, Emily Moore, is an Associate Professor of Nutrition at Daytona College in Florida. She gives presentations via Zoom to IVW audiences.
2. Get adequate sleep. Seven to eight hours a night is recommended. Establish a sleep schedule and stick to it.
3. Get frequent exercise. Moderate exercise, don't overdo it. Hiking is IVW's way of addressing this need.
4. Meditate. Deep and slow breathing promotes a calm body and mind.
5. If and when you need it, get professional mental health care.
6. Join a group in which you find support and which gives meaning and purpose to your life. For many people a faith community serves this purpose. Partly because the military is interfaith, IVW is an interfaith organization. We encourage participation in a faith community and various activities that promote interfaith understanding and cooperation.