

## Women Veterans' inspiring true stories

**Speaker1:** For decades, women have been an integral part of our Armed Forces. Answering the call of duty and making sacrifices to protect our country. In addition to their military roles, these women are mothers, wives, partners, students, community leaders. From their military experiences emerge new strengths and skills which are carried over to civilian life.

**Interviewee1:** Military taught me how to be stronger, how to have faith in myself, to trust my instincts, to fight when I needed to; it taught me how to be a leader, and once I learned how to be a better leader, I learned how to be a better mother.

**Speaker1:** But this strength can be tested at times as women face life challenges during and after their service.

**Interviewee2:** We are expected to be one of the guys and you strive to be one of the guys. You're just trying to be like your brothers next to you, which can be challenging, cause you kind of lose your identity as a woman.

**Interviewee3:** Going from being in the military and then having to build my own life from scratch that was you know a source of anxiety, and that got worse.

**Interviewee4:** At some point you get tired of your life as it is, or I got tired of my life as it was, and needed to do something about it.

**Speaker1:** Resources and support are available to help Veterans and their loved ones move forward with their lives.

**Interviewee5:** So I was just like, "well let me go up to the VA," cause all of these years I didn't think that I would be eligible because I kind of associated the VA Hospital with old guys like from other eras, so I didn't think that there would be any services there for me. Maybe it's not just for old guys, maybe I can go too.

**Interviewee6:** The mentally, physically tough superwoman, I can do anything. We really, we need help. We need connection. We need to have conversations with each other about this stuff and not pretend that we can handle it all by ourselves, because you don't need to.

**Interviewee2:** No matter how you served, where you served, when you served, your experience is your experience, but at some point you have to look internally and just take care of you. And whatever service feels right and is helpful, use it. It's your service and so make yourself whole in whatever you can, because you have earned it.

**Interviewee6:** Whoever's there for you, whatever your support system is, you don't have to do it by yourself.

**Speaker1:** Women from all branches and eras share their inspiring stories at [MakeTheConnection.net](http://MakeTheConnection.net). Find solutions to living well. Make the connection.



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