

## For You 60 Second

Woman: When I left the military, I was excited for a fresh start ... but civilian life has been harder than I thought it would be. Figuring out a new career while also being a good mom, wife and friend ...

(yelling) Go to your room!

Some days I'm barely keeping my head above water. To get back to enjoying life again, I needed to get help. Opening up to someone was a big step for me. I feel like I'm heading in the right direction. Discover how other women Veterans like me have learned to thrive after military service by taking care of themselves and their mental health. Visit [\*MakeTheConnection.net/WomenVeterans\*](http://MakeTheConnection.net/WomenVeterans).



U.S. Department  
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