

Learning skills in therapy to manage anxiety

Jasmine: My Therapist, who does a lot of specialization with transition issues, at first it was just trying to not necessarily treat me but try to bring out issues that could have been the trigger to why I'm having issues. My issues were generalized anxiety. I have a lot of issues with perfectionism and putting too much pressure on myself, which is definitely from the military. For me Paul was just developing a way for me to set up a catharsis with myself so I don't have to always just talk to a professional. Writing or even using a voice recorder just to get your feelings out has helped a lot. Also, proper diet, which I know doesn't sound like a coping mechanism but it is and proper sleep schedule. These are things that I don't think people would think as coping but when you're not getting more than three or four hours of sleep at night, it helps tremendously.

I've definitely noticed an improvement and a difference. I would say that, especially now after seeking treatment, I'm not always associating myself with, "Well, I was in the military, that's why I'm so high strung; that's why I'm so anxiety-ridden." No, I've been doing much better at trying to manage my symptoms and cope with them as they happen or even prevent them.



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