

Enjoying old hobbies and interests again

Edmond: I had a few hobbies that was mainly like auto repair and racing, maybe dirt bikes, stuff like that. And that stuff, I tried it when I got back and it just didn't give me any excitement. Like before, you would feel 30 miles an hour on a dirt bike and you could feel you feel some adrenaline or something motivates you. It feels fun, but after getting back, it didn't. So, I talked to the psychiatrist down there and then she recommended me to the, they have like an outpatient psychiatry department down there and that's where I've been going. So, they recommended the medication and then I did like one-on-one counseling sessions and I've been doing it ever since.

About a year ago, I sat down and drew something and I used to draw all the time, like cartoons and pictures and stuff like that. I used to draw all the time, and I stopped like right before I left, right after I came back I just completely stopped. And I sat down and I drew something, I was drawing with my daughter, and I drew like a Mickey Mouse with a little hat, and I haven't drawn anything in a long time. I didn't know I could still draw but it came out like Mickey Mouse; she knew who it was. And she was like, "I didn't know you could do that," like, "Me neither."

I have a daughter and son and it's a good relationship. I work on stuff with them every day and teach them stuff. You know yourself better than anybody else does, and if you know there's a difference or if you even think there is, then just go and take a look.



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