

THANKFUL FOR YOU

VETERANS DAY

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November 11, 1919, marked the first anniversary of World War I. Armistice Day was observed on this date. Nineteen years later, Veterans Day was observed as a national holiday for the first time. There are a number of ways to honor and say thank you to our veterans who have protected our country.

HERE'S HOW TO SUPPORT A VET THIS YEAR

EXTEND GRACE, RESERVE SPACE, BE MINDFUL

STOP

- Take a moment to reflect on events that took place in 2021.
 - This year marked the 20th anniversary of 9/11.
 - August 30th marked the end of the war and a difficult withdrawal from Afghanistan
 - 13 U.S. Service Members killed in Kabul while conducting a humanitarian evacuation
- These events can trigger many feelings in our service members and their loved ones. Give an Hour's network of licensed mental health professionals can help.

LISTEN

- Extend Grace: When in doubt, listen.
- When someone shares what they're going through, they aren't always asking for you to make it better. Sometimes confiding in someone makes us feel a little less desolate.
- You may not understand a veteran's array of emotions, but you can show compassion and a willingness to find a solution when he or she may not have the will or drive to do it alone.

LOOK

- Reserve Space
 - Many of our veteran's suffer from invisible illnesses as a result of their service. Reserve space for the wealth of emotions they may feel not just on Veterans Day but every day.
- Be Mindful
 - Veterans may suffer from survivor's remorse or guilt. It is not uncommon for a survivor of war casualties to wonder "why me", and it may difficult to celebrate service when the ability to do so came at the cost of a fellow service member's life.

SHARE

- Consider "I appreciate you" vs "Thank you for your service".
- Invite them for coffee or social hour.
- Pick up the tab.
- A simple note of appreciation.
- Make a meal for Veteran
- Put out a flag at your home to show support.