

THANKFUL FOR YOU

VETERANS DAY

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
- Display a flag at your home to show support.