

Moving Forward

Overcoming Life's Challenges

- ▶ Manage financial difficulties
- ▶ Balance work/school and family
- ▶ Work on relationship problems
- ▶ Adjust to life after the military



MOVING FORWARD

Overcoming Life's Challenges

VISIT TODAY!

www.VeteranTraining.va.gov/MovingForward



U.S. Department
of Veterans Affairs

Moving Forward

Overcoming Life's Challenges

Engaging, Self-Guided Web Program

- ▶ Videos and interactive activities
- ▶ Relaxation exercises
- ▶ 3-minute stress assessment
- ▶ Problem-solving worksheets

Proven Strategies That Help You

- ▶ Defeat brain overload
- ▶ Reduce stress
- ▶ Overcome negative emotions
- ▶ Solve problems, step-by-step

Developed for Veterans, available to anyone

- ▶ Free, confidential & anonymous
- ▶ No login or registration required
- ▶ Works on any kind of device

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