



Recovery Corner

Moving Forward

Welcome!

This is a quarterly newsletter that focuses on information, resources, tips, and skills that promote wellness and well-being. As this new year begins, many of us are looking towards the future, while also feeling a bit exhausted and possible even down because of current or past situations. This newsletter will focus resources that can assist you as you journey into this new year.

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SPECIAL POINTS OF INTEREST

- Annie App
- COVID Coping Tips



*“The first step to getting somewhere is to decide that you are not going to stay where you are.”
-Unknown*

FREE ONLINE COURSE:

“Big changes start with small steps...”

As you are considering your goals for the upcoming year, did you know that there is a free VA resource that might be able to help? When you have decide to make changes, sometimes it is hard to know where to start. It can be tricky to figure out a plan or even to simply figure out the next best step. Moving Forward is a free course that helps Veterans to overcome the challenges of life and can help with:

- Managing Stress
- Balancing school & family
- Relationship problems
- Coping with psychological injuries
- Financial difficulties
- Adjustment issues

This course is available at:

<https://www.veterantraining.va.gov/movingforward/>

Moving Forward

Don't have time to do the whole course right away? That's ok! Take a look at the problem solving worksheet that will help you to develop solutions for your problem and create a plan of action. It can be found here: <https://www.veterantraining.va.gov/movingforward/>

A Tip for Getting Started:

Develop a SMART Goal:

SMART goals are specific, measurable, achievable, realistic, and time-bound. Make sure that your goal is something that you are excited about, have the energy and means to go after, and is valuable and meaningful to you.

Specific	Measurable	Achievable	Realistic	Timely
S	M	A	R	T
G	O	A	L	S
What do you want to do?	How will you know when you've reached it?	Is it in your power to accomplish it?	Can you realistically achieve it?	When exactly do you want to accomplish it?

If you need some help developing a SMART goal, be sure to let your provider know so that they can assist you.

“Success will never be a big step in the future: success is a small step taken just now.”



Self-Care & The Annie App

“There is no tool for development that is more effective than empowerment.”

-K.Annon

One way that you can work to ensure that your dreams become a reality is by ensuring that you have the tools that you need to get to work. Many times an often forgotten tool is self-care. It is very easy to forget about the importance of self-care as life gets busy all around us. By remembering to take care of yourself, you will actually have the fuel that you need to chase after the goals in your life. Need a little help getting started? Take a look at the “Annie App for Veterans.” This app is available in the VA App Store and is free to use: <https://mobile.va.gov/app/annie-app-veterans>.



Annie is a dynamic messaging application that works with your VA care team to provide personalized care instructions and reminders, empowering you to better manage your own care and stay healthy.



Introducing the
Annie App for Veterans

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Learn more:
mobile.va.gov/app/annie-app-veterans



U.S. Department of Veterans Affairs

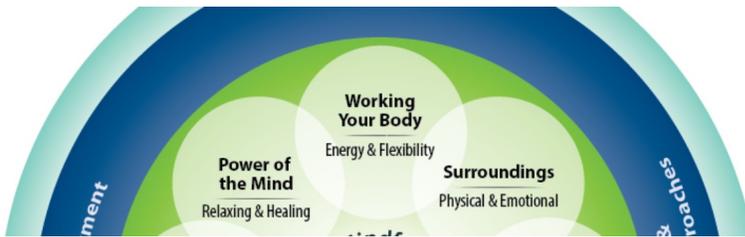
The graphic features a smartphone on the left displaying the app's interface, including a 'MESSAGES' notification and a 'VA' logo. To the right, the text 'Introducing the Annie App for Veterans' is written in a serif font. Below this, a quote describes the app's functionality. A URL for more information is provided. At the bottom left is the U.S. Department of Veterans Affairs logo, and at the bottom right is the VA Health logo, which includes a speech bubble icon.

Whole Health

Have You Heard About Whole Health?

For some Veterans, the goals are health related like losing weight, taking better care for the body, or developing a new fitness routine. Whole health is VA's cutting-edge approach to care that supports your health and well-being. Whole health centers around what matters to you, not what is the matter with you. If you want to learn more about whole health and how this can benefit you. Take a look at this 1 minute video:

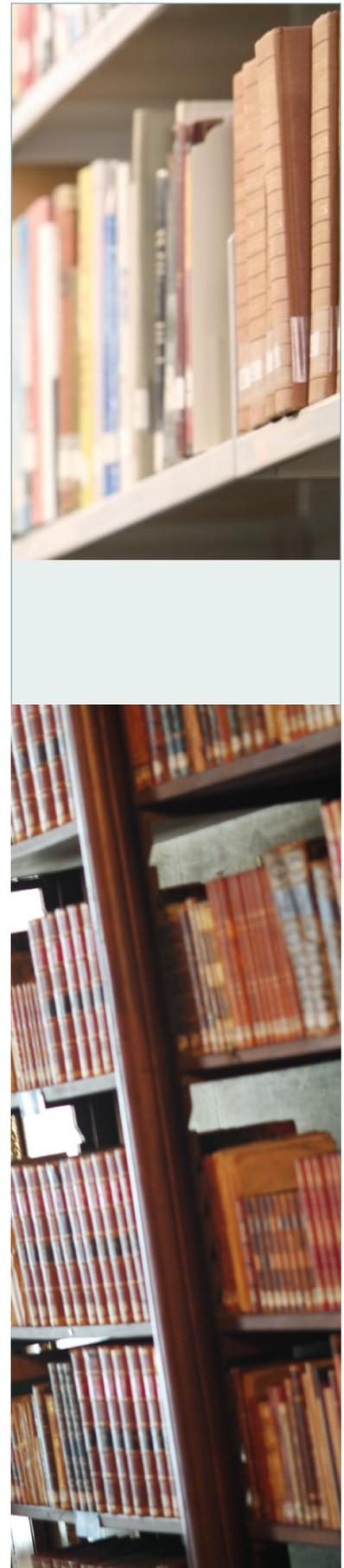
<https://www.youtube.com/watch?v=fgNzmQBGeU>



The VA has also made many resources and tools available to you including a personal health inventory to explore what matters to you! The areas include:

- Surroundings
- Personal development
- Food & drink
- Mindful awareness
- Spirit & soul
- Family, friends, and co-workers
- Power of the mind
- Moving the body

To learn more about whole health and explore the many resources that are available to you please visit: <https://www.va.gov/WHOLEHEALTH/>



Let's Stay Connected...

There are many ways to stay connected to the McGuire VAMC. If you are interested, take a look at the links below. We would love to keep you informed of all the amazing things happening at the facility.

Let's Connect!

The Homepage: <https://www.richmond.va.gov>

Twitter: <https://twitter.com/RichmondVAMC>

Facebook: <https://www/facebook.com/RichmondVAMC>

Instagram: <https://www.instagram.com/richmondvamc>



- Tips for coping during the COVID pandemic? Click [HERE](#)
- Interested in the COVID Coping App? Click [HERE](#)
- Looking for a list of all the Apps VA has to offer? Click [HERE](#)

Live Well!