

if a friend joins me, I still maintain the 6-foot distance rule. I try only to walk with people I live with or friends that are following the rules of SD and practice extreme cleansing behaviors. If you go walking, biking, or running, with a friend remember to keep a safe distance.

Outdoor chores are another way to get outside, not a favorite of mine, but we now have clean windows and screens. Rainy days are the hardest for me to deal with. Those are the days I usually touch-base with a few veterans and phone to cheer them up. Making phone calls also helps my mental wellbeing by giving me purpose. I find prayer takes a good portion of my day now, because friends ask me to pray for them. For all of us it's very hard not to visit relatives, grandchildren, and friends. They are part of our PTSD support system. We are fortunate we have Facetime, Skype, and Zoom. Using technology, we can at least see our loved ones and veteran brothers and sisters during these difficult times.

As we all face the disruption and uncertainty related to Coronavirus, please remember to reach out and phone a veteran friend to check that they are okay. Who understands better than another PTSD Veteran? Our Play HOOK-e Chapter 12 team is always ready to help our PTSD brothers and sisters through a difficult day. Visit the link below to learn more about managing PTSD during these stressful times. We will also post the link on our website.

https://www.ptsd.va.gov/covid/COVID_managing_stress.asp