

# Ground Zero: A Veteran's Guide to Starting the Healing Process

## Introduction

Welcome to Ground Zero - a starting point for veterans who are ready to take the first step toward healing. This guide

## Recognizing the Signs

PTSD can manifest in many ways, and every experience is unique. Here are a few common signs:

- Flashbacks or nightmares
- Hypervigilance or always being 'on edge'
- Difficulty sleeping or concentrating
- Avoiding reminders of trauma
- Emotional numbness or detachment

Remember: You are not broken. Your mind is responding to trauma, and healing is possible.

## 5 Immediate Grounding Techniques

These techniques can help bring you back to the present during moments of stress or anxiety:

1. 5-4-3-2-1 Method: Identify 5 things you can see, 4 things you can touch, 3 you hear, 2 you smell, 1 you taste.
2. Deep Breathing: Inhale for 4 seconds, hold for 4, exhale for 4, hold again. Repeat.
3. Cold Water or Ice: Hold ice or splash cold water to shock your senses back to now.
4. Physical Movement: Do jumping jacks, walk, or stretch.
5. Verbal Anchoring: Say to yourself, "I am safe. I am here. I am in control."

## What to Do Next

1. Talk to Someone - a fellow vet, a counselor, or someone you trust.
2. Begin Journaling - track your emotions, patterns, and victories.
3. Explore Further Healing - download the full PTSD Recovery Toolkit for more tools and guided support.

Small steps build strong foundations. You've already begun.

## Resources

Veterans Crisis Line: Dial 988, then press 1

National Alliance on Mental Illness (NAMI): [nami.org](http://nami.org)

International Society for Traumatic Stress Studies: [istss.org](http://istss.org)

More resources and support: [www.delanomcvaytheinformedvet.store](http://www.delanomcvaytheinformedvet.store)

## Call to Action

Thank you for taking the first step. Healing begins now.

>> Download the full PTSD Recovery Toolkit for:

- A full eBook with healing strategies
- A printable daily journal
- 10 grounding techniques you can practice anytime

Visit [www.delanomcvaytheinformedvet.store](http://www.delanomcvaytheinformedvet.store) to explore more, join the community, and stay connected.

Stay strong, Veteran. You've got this.