

Name _____

Coming Home: A Veteran's Journey

Open-Ended Response Answer Key

1. Family and friends can provide support by showing understanding, empathy, and patience. They can offer a listening ear, encourage veterans to seek professional help if needed, and engage in activities that help veterans feel connected and valued.
2. It is important for veterans to connect with support groups because these groups provide a sense of camaraderie, shared experiences, and understanding that can be invaluable during the challenging transition period. Veterans can find emotional support, guidance, and a sense of belonging in such groups.
3. Creative outlets provide veterans with a means of expressing their emotions, reducing stress, and finding a sense of purpose. Engaging in creative activities can help veterans process their experiences, build self-confidence, and discover new passions that contribute to their well-being.
4. Common challenges include anxiety, depression, nightmares, and difficulty adapting to civilian routines. These challenges can be addressed through therapy, support groups, and connecting with professionals who specialize in helping veterans. Encouraging veterans to pursue hobbies and interests can also aid in their transition.

