

Explore Quality of Life Topics

[Mental Wellness](#)

[Assistive Technology](#)

[Veteran Reintegration](#)

[Therapeutic Recreation](#)

[Service Animals](#)

[Substance Use and Treatment](#)

Explore Quality of Life Resources

Articles

[**Enhance Your Well-Being with the Veterans Wellness Toolkit**](#)

The Veterans Wellness Guide provides strategies and activities that Veterans can use at home to improve their well-being.

Source

[VAntage Point: Official Blog of the U.S. Department of Veterans Affairs](#)

Recent Quality of Life Articles

Recent Quality of Life Articles

Article

[**Six Apps to Help Veterans Manage Stress**](#)

Explore apps and tools that offer education about PTSD and related mental health concerns.

Source

[VA News](#)

Article

Your Healthiest Self ~ Social Wellness Toolkit

Throughout your life positive social habits can help you build supports systems and stay healthier mentally and physically.

Source

[National Institutes of Health](#)

Article

Veterans Serving Veterans

When Veterans need support and encouragement from a person who can relate to their challenges, our peer specialists are available to help. A peer specialist has traveled the road to recovery and now works at VA supporting other Veterans in finding their own paths.

Source

[VA Careers](#)

Article

Physical Activity Boosts Brain Health

Regular physical activity is good for your overall health and your brain health. Physical activity can help you think, learn, problem-solve, and enjoy an emotional balance. It can improve memory and reduce anxiety or depression.

Source

[Centers for Disease Control \(CDC\)](#)

Article

Ohana Homefront Foundation: Virginia Counselor Search and Events

Military families deal with unique challenges and sacrifices while serving their country. Ohana Homefront Foundation is looking for Counselors, in every state wanting to give back to the Military Community to join our Ohana Homefront

Foundation Mental Health Team.

Source

[Ohana Homefront Foundation](#)

Article

Substance Use Treatment for Veterans

If you're struggling with substance use problems, you're not alone. Find out how to get support and treatment for substance use problems through the VA.

Source

[U.S. Department of Veterans Affairs](#)

More for You

Features

- [Ask an Expert](#)
- [AgingCare.com Veterans Forum](#)
- [U.S. Military Acronyms](#)

Staying Connected

- [Veterans Caregiver Resource Page](#)
- [Veterans Crisis Line](#)
- [Virginia Values Veterans \(V3\) Transition Program](#)

[View PDF](#)