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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

[**Veterans Food Assistance Program**](#)

The Veterans Food Assistance Program (VFAP) is designed to provide a one-time grant of essential food and household support to veterans and their families, ensuring no veteran goes hungry.

Article

Cyber Safety While Traveling

Using public chargers and Wi-Fi can be convenient but also puts your devices and data at risk. Hackers can compromise public USB ports and set up fake Wi-Fi hotspots to gain access to your information. Learn how to protect your online activity while traveling.

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. Explore the Social Wellness Toolkit to learn how to improve your overall health.

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 \(CDC\)](#)

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](#)

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