

Moving Forward: Free, Online Resources to Help with Life's Transitions and Challenges

Unique training course designed with veterans in mind

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The New Year can be a time for changes. But changes in life, even good ones, can bring new challenges and stress. Many people use the New Year to start a new health and exercise program, quit smoking, or are worried about relationships or finances after money spent during the holidays. If you are feeling overwhelmed by all the things you have to do, you are not alone.

VA developed Moving Forward, a free, online resource to help you manage stress and transition. [Moving Forward](#) teaches skills and tools to help you navigate challenging times, find creative solutions to problems and meet your goals.

Moving Forward is not your average training course, it features interactive exercises, videos and real-life stories from fellow veterans. Some of the tools used throughout the course are:

- A quiz to learn your problem-solving style
- Relaxation exercises and stress management tools
- A toolkit to fight "brain overload"
- A step-by-step plan for solving stressful problems

One of three courses in the [VA Online Self-Help Resource Center](#), Moving Forward is completely confidential and easy to use. No sign-up or registration is required; no personal information is collected. It can be used by anyone, anywhere and there is no cost. You can work through the modules at the time, pace, and place of your choosing.

The other two courses in the Online Self-Help Resource Center are [Parenting for Servicemembers and Veterans](#) and [Anger & Irritability Management Skills \(AIMS\)](#). While

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these tools are not intended to replace professional care, they have resources and exercises to help you work through life's transitions.

If you are looking for assistance in manage stress and stressful situations, we urge you to visit www.VeteranTraining.Va.Gov and check out Moving Forward, or any of the online resources.