


Surviving Life After War

My Story


Michelle Matthews



Roll call.....

- ▶ Who is a veteran of war? Or conflict or deployment of some type?
 - ▶ Family member of veteran?
 - ▶ Who has experienced some type of trauma in their lives (no matter how big or small)
 - ▶ Who is here to educate themselves, or wants to help veterans survive life after war?
- 

The discussion.....the story

- ▶ A little about me....
 - ▶ Life–before, during and after war
 - ▶ Surviving–we survive physically, but mentally?
 - ▶ What happens to our families?
 - ▶ Life changes– do we, can we change back? Do we recognize the changes? Or that we need to change?
 - ▶ How do I re–integrate? Do I want to?
- 

My book...Resiliency

- ▶ Why?
 - ▶ How?
 - ▶ Final thoughts:
 - ▶ Surviving life after war is possible.. It is not easy, but the goal in life is to be the best person you can be... nothing...and I say nothing should stop you from becoming your best. We all fall down... but we have to get up.. And be bigger, stronger and better.. we are all resilient..
- 