

Holiday Issue- December 2024

WOMEN VETERAN HEALTH NEWS

VA SAN DIEGO HEALTHCARE SYSTEM



Happy Holidays from the VA SD Women's Health Team!

The San Diego VA Women's Health team wishes you and your loved ones a joyous holiday season! San Diego VA Healthcare System is committed to meeting your healthcare needs. Thank you for trusting us with your care and thank you for your service!

Pause for a Mindful Moment

Women Veterans, we understand you have many roles to fill! Whether it's at work or at home, you may be focused on putting others first without even realizing it. Practicing mindfulness can help you focus on what YOU need to feel your best. Mindfulness means purposefully paying attention to the present moment. It's been shown to reduce stress, improve emotional balance, increase self-awareness, and help with anxiety, depression, and coping more effectively with chronic pain.

Remember to take the time to pause and check in with yourself. This may include activities like guided meditations that help you dedicate time to pause and observe your present thoughts and surroundings. It could also be simple paying more attention to what you're already doing, like noticing the warmth of your coffee cup or a sense of calm after petting your dog.

Give yourself the gift of calm and download the [VA Mindfulness Coach App](#) to learn more about practicing mindfulness.

VA's mindfulness resources include:

- [VA Women Veterans Health Care Mindfulness Page](#)
- [VA's Introduction to Mindful Awareness Fact Sheet](#)
- [VA's Mindfulness Video Series](#)
- [VA Whole Health Videos](#)

The holidays may be a challenging and stressful time for many of us. If you're excessively worrying; feeling sad, hopeless, restless, or jumpy; or you're no longer enjoying activities that used to make you happy, talk to your VA health care team right away – you have access to [VA mental health](#) providers that can help.

Try this simple mindfulness exercise:

Breathe in slowly and exhale slowly, repeating three times. As you're breathing, gently become aware of the sensations you feel. Notice your chest rising and falling. If you get distracted, focus back on the slow movement of your chest.

Stop.
Take a breath.
Be Mindful.

Download the
Mindfulness Coach App
www.mobile.va.gov/app/mindfulness-coach

Women Veterans Health Care
#womenVets www.womenshealth.va.gov

VA U.S. Department of Veterans Affairs



Live, online wellness classes from home.

Tired, stressed, anxious, or in pain? Yoga and meditation are proven to lighten stress, improve sleep, reduce pain and enhance mental clarity and well-being. Ompractice offers classes for everyone, from complete beginners to dedicated practitioners.

100+ classes per week, **all via 2-way video!**

Live, expert teachers in group classes

Ongoing programs and series to help kickstart your fitness and mindfulness habits, progress to new levels, or simply relax and have fun!

From beginner to advanced, everyone is welcome!
Classes include:

- Back Care
- Mobility
- Tai Chi
- Qigong
- Power Yoga
- Veteran Only Classes
- Pilates
- Barre
- Cancer Recovery
- & More!



FREE memberships for San Diego VA Veterans and Employees!

Sign up at: app.ompractice.com/veteransaffairs or scan the QR code for your free membership!

Chaplain Services: Women Veteran Spirituality Group

Women's spirituality is a grassroots spiritual movement that exists both within and outside of established religions that seeks to restore the power, value, and dignity of women. That commitment is to bring about in oneself and the world a different vision of justice and equality in community providing a haven where essential female values can be discussed and embraced. This group offering will include:

- Meditations
- Book Discussions
- Healing Circles
- Pranayama
- Exploring Sacred Feminine
- Spiritual Workshops
- Nature Retreats
- Creative Expressions
- Gratitude Practice
- Community Service



Women's Postpartum Support Group



Are you a new mom who is overwhelmed by all of the changes brought on after having a baby? Come join our VA support group of moms in their first year after having a child.

Led by two clinical psychologists, who are moms themselves, we will host topics that explore all of the changes that come with postpartum and the "fourth trimester." We cover relationship changes after having a baby, self-care, asking for support, sleep, anxiety and depression, and working vs staying at home

This is an eight week, closed group. Ask your primary care provider for a referral today or call to schedule!

WHEN: Wednesdays from 1PM-2PM PST (8 weeks)

WHERE: VA Video Connect (VVC)
We will send you a link to your email!

IF YOU WOULD LIKE MORE INFORMATION, PLEASE CONTACT:

Christina Krieg (520) 429-9671

Coming September 26th at Jennifer Morena VA Mental Health (Classroom 2123). For more information contact Chaplain Shelia E. Crabb-770-875-0774 or shelia.crabb@va.gov

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Dial 988 then Press 1.**



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