

## **MOVING FORWARD**

Overcoming Life's Challenges

# Moving Forward

## *Overcoming Life's Challenges*

Feeling stressed or stuck? Life is filled with daily obstacles—financial difficulties, relationship problems, health issues, balancing work and family responsibilities. Over time, these challenges can build up and start to feel overwhelming.

**Moving Forward** can help. It's a self-guided web program that teaches you problem-solving skills for overcoming life's challenges.

### **Proven Strategies That Help You**

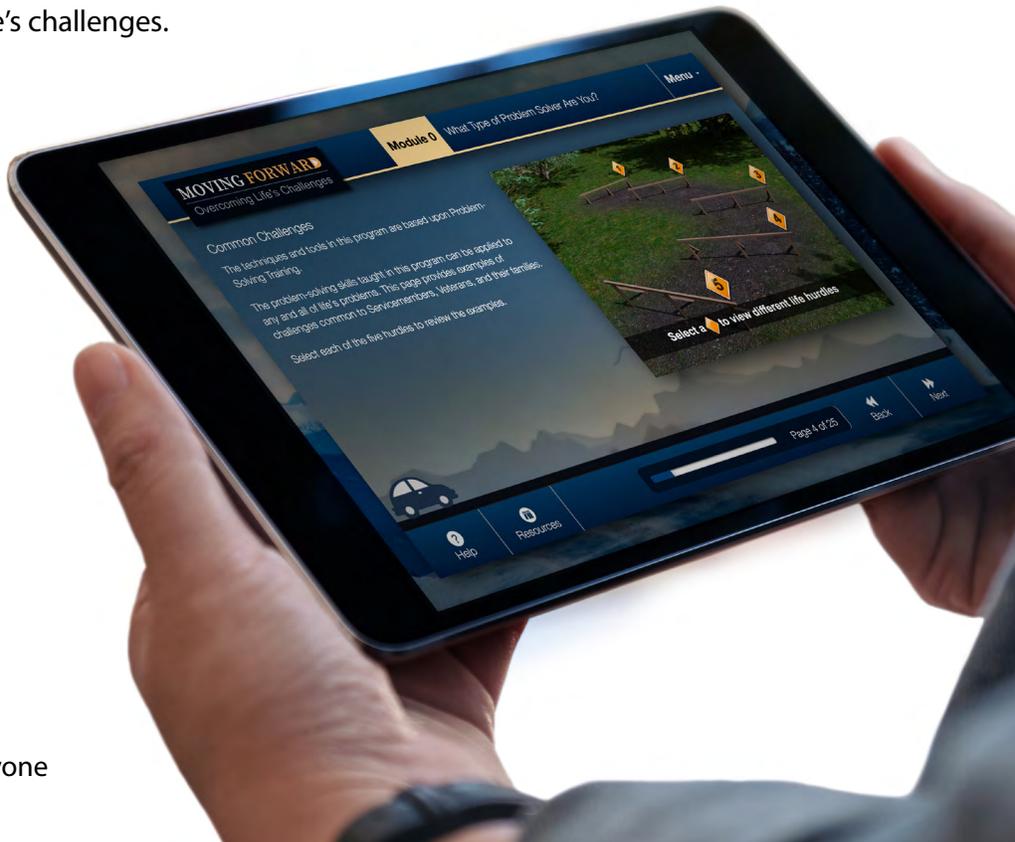
- ▶ Defeat brain overload
- ▶ Overcome negative emotions
- ▶ Reduce stress
- ▶ Solve problems, step-by-step

### **Engaging, Self-Guided Web Program**

- ▶ Videos & interactive activities
- ▶ 3-minute stress assessment
- ▶ Relaxation exercises
- ▶ Problem-solving worksheets

### **Plus It's...**

- ▶ Free, confidential & anonymous
- ▶ No login or registration required
- ▶ Works on any kind of device
- ▶ Developed for Veterans, available to anyone



**VISIT TODAY!**

**[www.VeteranTraining.va.gov/MovingForward](http://www.VeteranTraining.va.gov/MovingForward)**



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