

# VETLIFE®



## **Wellness Workbook for Military Spouses & Children**

**Practical Tools, Stories, and  
Resources for Thriving Together**

# VETLIFE Wellness Workbook

## For Military Spouses & Children

*A free self-guided workbook designed to support the emotional wellbeing, resilience, and community connection of military spouses and children navigating the civilian transition alongside their veteran.*

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### A Note Before You Begin

When a veteran transitions to civilian life, the whole family transitions. This workbook is for **you** — the spouse who held everything together, the child who changed schools again, the family that kept showing up no matter what.

You don't have to be struggling to use this workbook. You just have to be human.

Work through it alone, together, or a little at a time. There is no wrong way.

### Contents

- **Part 1:** You're Transitioning Too — Acknowledging Your Journey
  - **Part 2:** Roots & Resilience — Wellness Tools for Spouses
  - **Part 3:** Little Warriors — Wellness Pages for Military Kids
  - **Part 4:** Stronger Together — Family Communication & Connection
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## PART 1

### You're Transitioning Too — Acknowledging Your Journey

*For spouses and children to complete together or individually.*

#### Reflection: My Transition in 3 Words

What 3 words describe your family's transition so far?

**Word 1:**

**Word 2:**

**Word 3:**

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## Journal: Your Transition Story

What has been the hardest part of this change for you personally?

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What is one thing you wish people understood about your life right now?

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## Breathing Reset — Try This Now

Take **4 counts in** through your nose → **Hold for 4** → **Release for 4**. *Repeat 3 times.*

- Round 1: Breathe in 1-2-3-4... hold 1-2-3-4... release 1-2-3-4...
- Round 2: Breathe in 1-2-3-4... hold 1-2-3-4... release 1-2-3-4...
- Round 3: Breathe in 1-2-3-4... hold 1-2-3-4... release 1-2-3-4...

*This technique and others are also available in the free Battle Buddy app. Scan the QR code to download:*



## PART 2

### Roots & Resilience - Wellness Tools for Spouses

*You've put your family first for a long time. Now it's time to put yourself first.*

#### Identity Mapping

*Complete each sentence honestly:*

Before military life, I loved...

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Something I've always been good at is...

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One dream I've put on hold is...

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Outside of my role as a spouse and caregiver, I am...

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#### Caregiver Check-In

*Rate yourself honestly. Circle your number.*

	Never	Rarely	Sometimes	Often	Always
I make time for my own needs each week	1	2	3	4	5
I feel connected to people who understand my life	1	2	3	4	5
I ask for help when I need it	1	2	3	4	5
I feel hopeful about our family's future	1	2	3	4	5

**If you circled mostly 1s and 2s:** You are not alone. VETLIFE's Battle Buddy app has free wellness tools, caregiver support, and crisis resources available to you for free 24/7.

## My Wellness Commitments This Week

This week, I will rest by...

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This week, I will connect with...

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This week, I will ask for help with...

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## What Fills My Cup

Self-care isn't always candles and quiet mornings — sometimes it's a 10-minute walk, a phone call with someone who gets it, or just laughing at something silly. What genuinely restores *you*?

List 5 things that actually recharge your energy:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

This week, I will make time for number: \_\_\_\_\_ on \_\_\_\_\_ (day).

## Today I Am Grateful For

Gratitude doesn't erase the hard stuff — it just reminds us there is good here too, even on the difficult days.

*Today I am grateful for...*

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*Something about this season of life I will look back on with gratitude is...*

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## PART 3

# Little Warriors - Wellness Pages for Military Kids

For Younger Kids — Ages 6 to 11

*Hey Little Warrior! This section is just for you.*

### Draw It Out

Use the section below to draw how transition feels in your family right now. Use any colors — get creative — there are no wrong answers!

**Parents** – want to share your Little Warriors artwork? Tag **@vetlifetoday** on socials.



## My Bravest Moment

Write or draw about a time you were really brave during a big change.

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## Belly Breathing Buddy

Place your favorite stuffed animal on your belly. Breathe in slowly and watch it rise. Breathe out and watch it fall. Do this 5 times when you feel worried or upset. ★

## My Feelings Check-In

Circle how you feel today:

**Happy — Sad — Worried — Excited — Confused — Proud — Angry — Calm**

## For Older Kids — Ages 12 to 17

*This section is yours — be honest. This is a judgement free zone.*

### Journal: What I Wish People Knew

What do you wish people at your new school (or in your life) understood about what it's like to be a military kid?

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### Building New Connections

List 3 ways you could meet people who might “get it”:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### When Things Feel Heavy

Life has big moments — and some of them are really hard. When things feel overwhelming, try this:

#### 4-7-8 Breathing — Your Built-In Calm Button

Breathe in through your nose for **4 counts** → Hold for **7 counts** → Breathe out slowly through your mouth for **8 counts**. *Repeat 3–4 times.*

That long exhale tells your nervous system it's safe to relax. This works especially well when you're feeling anxious, overwhelmed, or can't sleep.

#### Journal It Out

Sometimes the best thing you can do is get it out of your head and onto paper. Try starting with: *"Right now I feel... and what I really need is..."* You don't have to share it with anyone. It's just for you.

**If it ever feels like too much to carry alone**, talk to a trusted adult or reach out to the **Veterans Crisis Line — for families too** 📞 Call 988 and press 1 | 💬 Text 838255

## PART 4

### Stronger Together - Family Communication & Connection

*For the whole family to work through together.*

#### Active Listening Practice

Take turns completing these sentences. No interrupting — just listen.

*“Something I need more of right now is...”*

Family Member 1: \_\_\_\_\_

Family Member 2: \_\_\_\_\_

Family Member 3: \_\_\_\_\_

Family Member 4: \_\_\_\_\_

*“Something I’m proud of our family for is...”*

Family Member 1: \_\_\_\_\_

Family Member 2: \_\_\_\_\_

Family Member 3: \_\_\_\_\_

Family Member 4: \_\_\_\_\_

(use the back if additional space is needed)

#### Letter to My Family

Write a short letter to your family — funny, serious, or anything in between. Share out loud if you feel comfortable or save it.

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## Our Family Strengths

List 5 things your family has gotten through together:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Stay Connected with VETLIFE

-  Download the Battle Buddy app on your Apple or Android device.
-  Follow VETLIFE on social media for more resources: **@vetlifetoday**
-  Make a donation to support VETLIFE's mission: **[www.vetlifetoday.org/donate](http://www.vetlifetoday.org/donate)**



## One Final Thought

This workbook is just the beginning. Every exercise in these pages is designed to meet your family exactly where you are — with no cost, no judgment, and no barriers. You've already shown incredible strength. Now let us walk alongside you.

*All VETLIFE resources are free for veteran families.  
You earned this support — let us help you access it.*