

Happiness 1st Institute presents

Discharged

Thank you for your service. – Jeanine Joy

a Transitions program

You Deserve Support. Here It Is.

Your mindset, as you leave the service and return to civilian life, has a tremendous impact on how the years will unfold. Many who are being discharged today have experienced their worst nightmares in real life. They bear tremendous scars. In the UK, more veterans have died from suicide than in the recent conflicts.

No one wakes up one morning and suddenly decides they are tired of life. Suicide is largely controlled by the thought-processes that are repeated, day after day, culminating in incorrect conclusions. We, here at Happiness 1st, are experts in how to develop thought processes that lead to thriving and wellbeing. We teach these processes.

We provide a supportive and loving environment for healing. There are many other aspects of the transition, which are helped or hindered, depending on mindset. Even if a veteran is not experiencing the more difficult emotions, they very well may have a friend who is. The techniques are easy enough that they can be effectively used to help others. Our *Discharged Transitions program* is longer than our other transitions programs, but offered at the same price—one small effort to say thank you. We will also not turn away a veteran who cannot afford the class, provided we have enough veterans enrolled to cover our expenses. We are happy to reduce veteran rates if a venue is provided for the program.

At Discharged, you will learn:

- *To be kind and forgiving to yourself (for anything/everything, survivor guilt, war actions, more)*
- *Processes and skills that help you live the good life you deserve (and to believe you deserve it)*
- *Many of the skills described in other transitions programs*
- *How to recognize definitions of self that serve your highest good*
- *To understand your emotional guidance system and use it to feel better*
- *Practical tips for creating/maintaining a support network*
- *Reframing experiences in ways that help you heal*
- *Finding meaning out of mayhem*
- *Developing skills that enhance thriving*

Program Dates & Locations



Register now to reserve your space. See our list of courses for details. A small deposit holds your reservation and any price discounts for which you qualify. See Form DCT for specifics including guarantees, disclosures, cancel., etc.

