

"My Pledge to Our Veterans."

By **Myah Kooistra**

Most people when they think of the word hero would probably say Spider-man, Iron Man, or maybe even Thor. When I think of the word hero I think of a Veteran. But even superheroes have to deal with their own bad-guys. It is common for Veterans to have PTSD (Post Traumatic Stress Disorder). PTSD can be triggered by a certain smell, noise, and much more. I simply cannot fathom what veterans have seen, or gone through to make our country safe; to give us a great life. They have sacrificed a lot, so I pledge to never take a Veteran for granted, or my safety.

Statistics show that 11-20% of Veterans are affected by PTSD. Dealing with PTSD is difficult; when triggered they can have flashbacks of their trauma and it causes high anxiety rates, intrusive thoughts, anger, and more. Some Veterans are not affected by PTSD, and some are, it kind of depends on their life before what caused the PTSD (war ect.).

Veterans go through a lot, PTSD being one of them, and they are very strong people. Whether they are affected by PTSD or not they have gone through hard times. Veterans deserve so much for what they have done for us. We live in a safe country, have great opportunities, and we get to be free. We may not realize how much Veterans have done for us. Without them our country would not be the same. Whether they served a long period of time or not as long they still made an impact. Heros come in all shapes, sizes, and forms, but not all of them wear a cape. The ones we need to give our thanks to are Veterans. Thank you Veterans for what you have done, you will always be appreciated. And once again I pledge to never take a Veteran for granted, or my safety.

My sources: retreatbehavioralhealth.com recoveryways.com