

Patriots Pen

Have you ever met a veteran? I've met many, and they're very hard working people who deserve much appreciation and respect. In a sense, one could say I look up to veterans and respect them and you should as well. For example, my grandpa is a retired veteran and gave his everything to our country. He fought in the Vietnam War and worked very hard to help our country. Even though he is retired, he still works very hard for our family, he can make anyone smile, and is always working on something around the house. You'd think with everything veterans do for our country they would be respected more, but only 73% of veterans said they have received honors of thanks for their service in the forces.

Being a veteran not only takes physical strength but it also takes mental strength. Some of the biggest problems for veterans is anxiety, depression, suicidal thoughts, and PTSD. As a result, most men and women experience sexual trauma, including harassments and assaults, while in and retired from the military. For instance, to bring up my grandfather again, some common things he struggles with are terrible night terrors from when he served, which can be very hard on his body. These night terrors take a hard hit on his physical and mental health by affecting his sleep schedule, mood changes, or potential threats to the brain. My grandpa is sadly not the only person who experiences this, about 71-96% of retired veterans with PTSD have nightmares.

In the end, I want to remind people on why people should respect their veterans, because not only do they need strength while serving, but they also need strength after retiring because their job can still affect them. We need to always remember how hard they fought to help make our country the way it is today. After all their struggles and hard work for this country everyone should respect our veterans no matter what.