

# ★ THE LADY VETERANS CONNECT LIFESTYLE REDESIGN FRAMEWORK

## *A Trauma-Informed, Strength-Based Model for Women Veterans - Stability & Transformation*

This framework is built around **five pillars**, each representing a core domain of whole-life wellbeing for women veterans in transitional housing.

### ★ PILLAR 1 — Stabilize

*Creating safety, structure, and predictability*

Focus Areas:

- Housing stability
- Daily routines
- Health appointments
- Medication consistency
- Benefits navigation
- Crisis reduction
- Environmental safety

Outcomes:

- Reduced chaos
- Increased predictability
- Improved self-trust
- Stronger executive functioning

### ★ PILLAR 2 — Heal

*Addressing trauma, identity wounds, and emotional recovery*

Focus Areas:

- Trauma-informed counseling

- Peer support
- Emotional literacy
- Stress regulation
- Sleep hygiene
- Grief and loss processing

Outcomes:

- Emotional stabilization
- Reduced hypervigilance
- Increased self-awareness
- Healthier coping strategies

## **PILLAR 3 — Rebuild**

*Restoring life skills, confidence, and personal agency*

Focus Areas:

- Financial literacy
- Time management
- Communication skills
- Conflict resolution
- Healthy boundaries
- Self-advocacy

Outcomes:

- Renewed confidence
- Improved independence
- Stronger decision-making
- Reclaimed personal power

## **PILLAR 4 — Redesign**

*Creating a new lifestyle aligned with values, goals, and identity*

Focus Areas:

- Personal values discovery
- Goal setting
- Habit formation
- Wellness planning
- Identity reconstruction
- Career exploration

Outcomes:

- Clear direction
- Sustainable habits
- Renewed identity
- Future-focused mindset

## **PILLAR 5 — Rise**

*Launching into long-term stability and community integration*

Focus Areas:

- Employment readiness
- Housing transition
- Community reintegration
- Support network building
- Long-term wellness maintenance

Outcomes:

- Stable housing
- Employment or education
- Community belonging
- Long-term resilience