



**VETS ON BOARD
NETWORK**

THE WATER RESET GUIDE FOR VETERANS

**YOUR HEALING GUIDE TO REDUCE STRESS, MANAGE
PTSD AND REGAIN CONTROL.**



INTRODUCTION

Healing and recovery do not always happen in clinical settings. Sometimes, restoration begins in simple moments, quiet reflection near the water, steady movement, fresh air, meaningful connection, or time spent away from constant stress and stimulation.

For many veterans, water environments can create a sense of calm that supports emotional regulation, mental clarity, and reconnection. The rhythmic movement of water, natural surroundings, and focused activities can help reduce stress, improve attention, and create opportunities to pause and reset.

The Water Reset Guide for Veterans was created to provide simple, accessible practices that veterans can use to support their overall well-being. These activities are not intended to be complicated or overwhelming. They are designed to be practical, repeatable, and adaptable to different comfort levels and environments.

Inside this guide, you will find water-based activities and supportive practices that encourage grounding, focus, relaxation, and connection. Whether experienced alone, with peers, or through community programs, these moments can become part of a broader pathway toward healing and resilience.

You do not need special equipment or perfect conditions to begin. Small, consistent moments of reset can make a meaningful difference over time.

Vets On Board Network is committed to creating water-based pathways to healing, connection, and purpose for veterans through experiences, education, and community.

Operating Parameters



**Goal: Reduce stress, improve control, and create mental stability.
Follow the steps. Stay for the suggested time. Repeat consistently.**

Identify the Indicators

- Racing thoughts
- Irritability
- Trouble focusing
- Feeling on edge
- Difficulty relaxing

**Do not wait
for it to get
worse.**

Start early.

Immediate Action: Quick Start Protocol

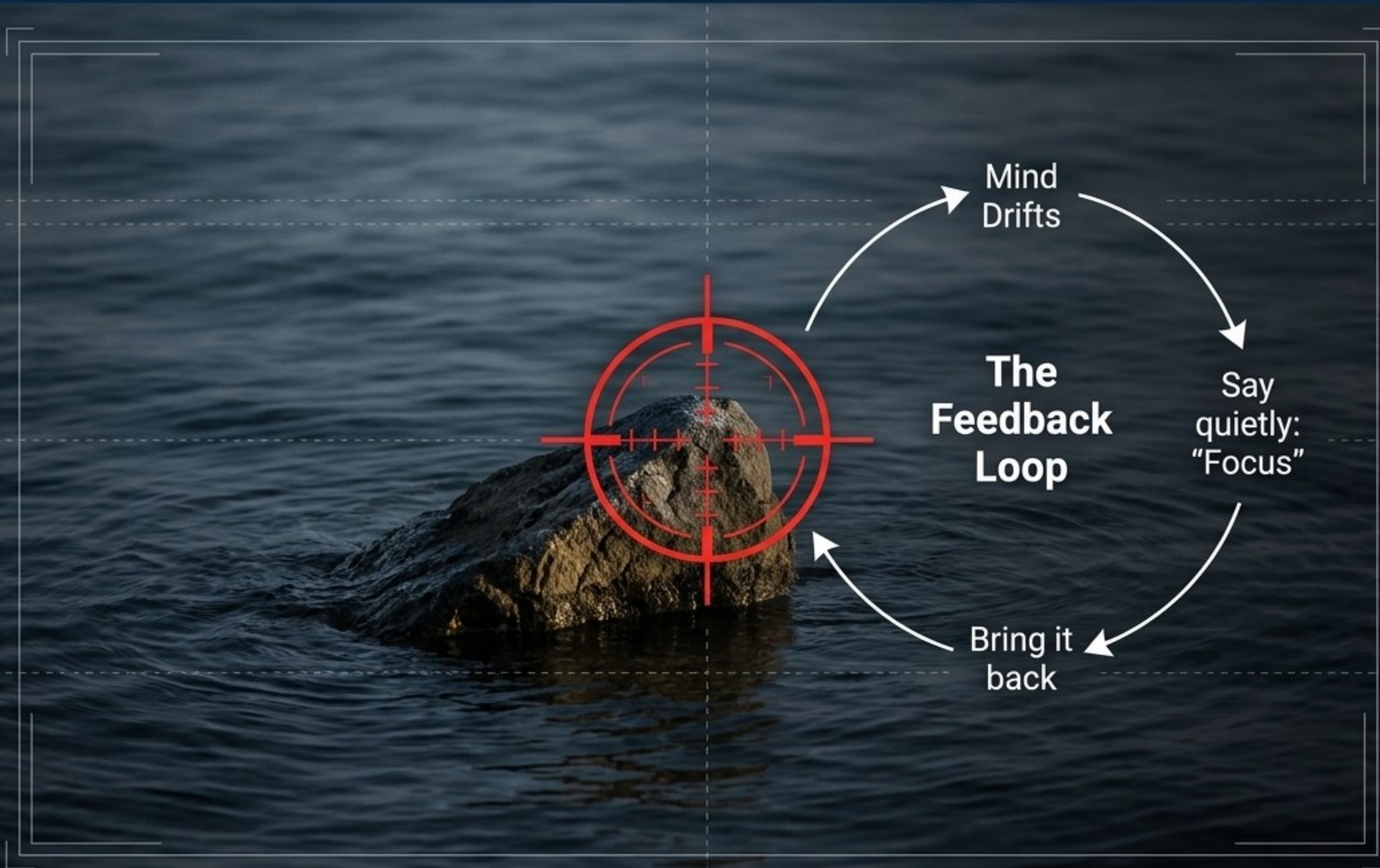


Result: Slower breathing | Reduced tension | Less mental noise.

State & Response Diagnostic Matrix

If you feel...	Deploy Activity...	Time Required	Expected Result
Mind Racing	Visual Focus	10-15m	Fewer intrusive thoughts
Anxious or On Edge	Controlled Breathing	5-10m	Lower heart rate
Disconnected or Numb	Hands-in-Water	5m	Stronger presence
Restless or Agitated	Shoreline Walk	10-20m	Release of physical tension

Activity 1: Visual Focus Reset



Target State

Mind is racing

Time

10 to 15 minutes

Result

Fewer intrusive thoughts, improved concentration, reduced mental overload.

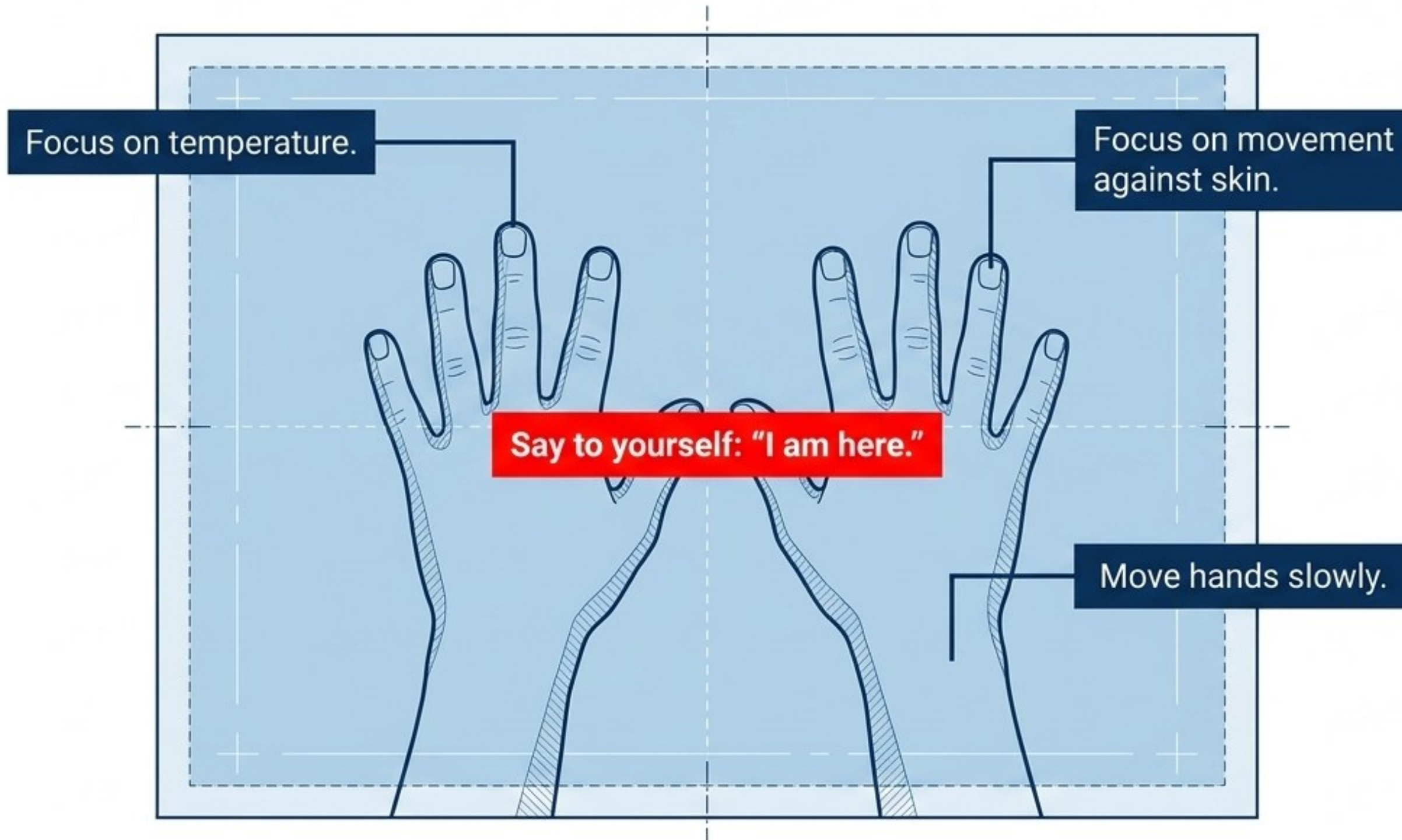
Activity 2: Controlled Breathing

Inhale as water rises / moves toward you.

Exhale as water retreats / moves away.

Target State:	Anxious or on edge
Time:	5 to 10 minutes
Result:	Lower heart rate, reduced anxiety, increased sense of control.

Activity 3: Hands-in-Water Grounding



Target State:
Disconnected or
numb

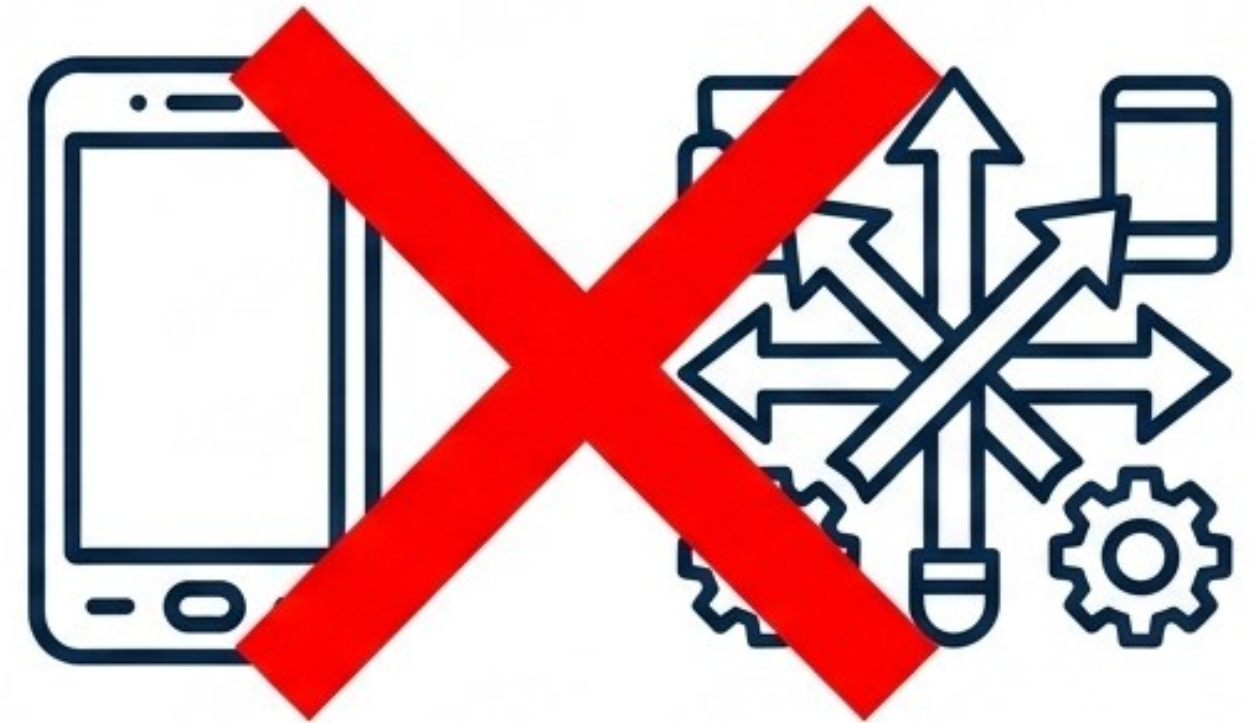
Time:
5 minutes

Result:
Increased
awareness of
body, reduced
dissociation,
stronger sense
of presence.

Activity 4: Structured Task



Perform a repetitive task.
Focus only on the action.

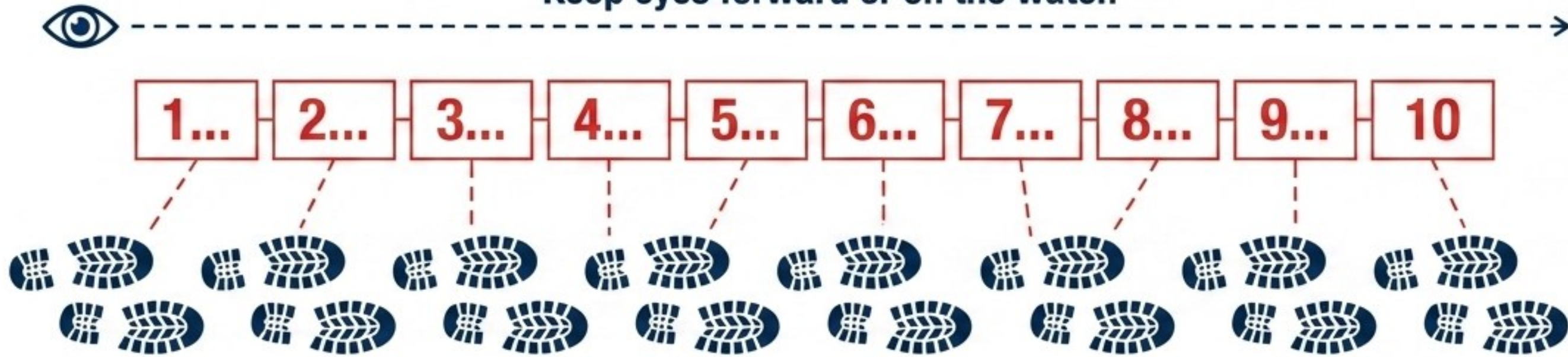


No Multitasking.
No Phone Use.

Time: 20 to 45 minutes | Target State: Improved focus, high stress | Results: Improved attention span, reduced hypervigilance, mental quiet.

Activity 5: Shoreline Walk

Keep eyes forward or on the water.

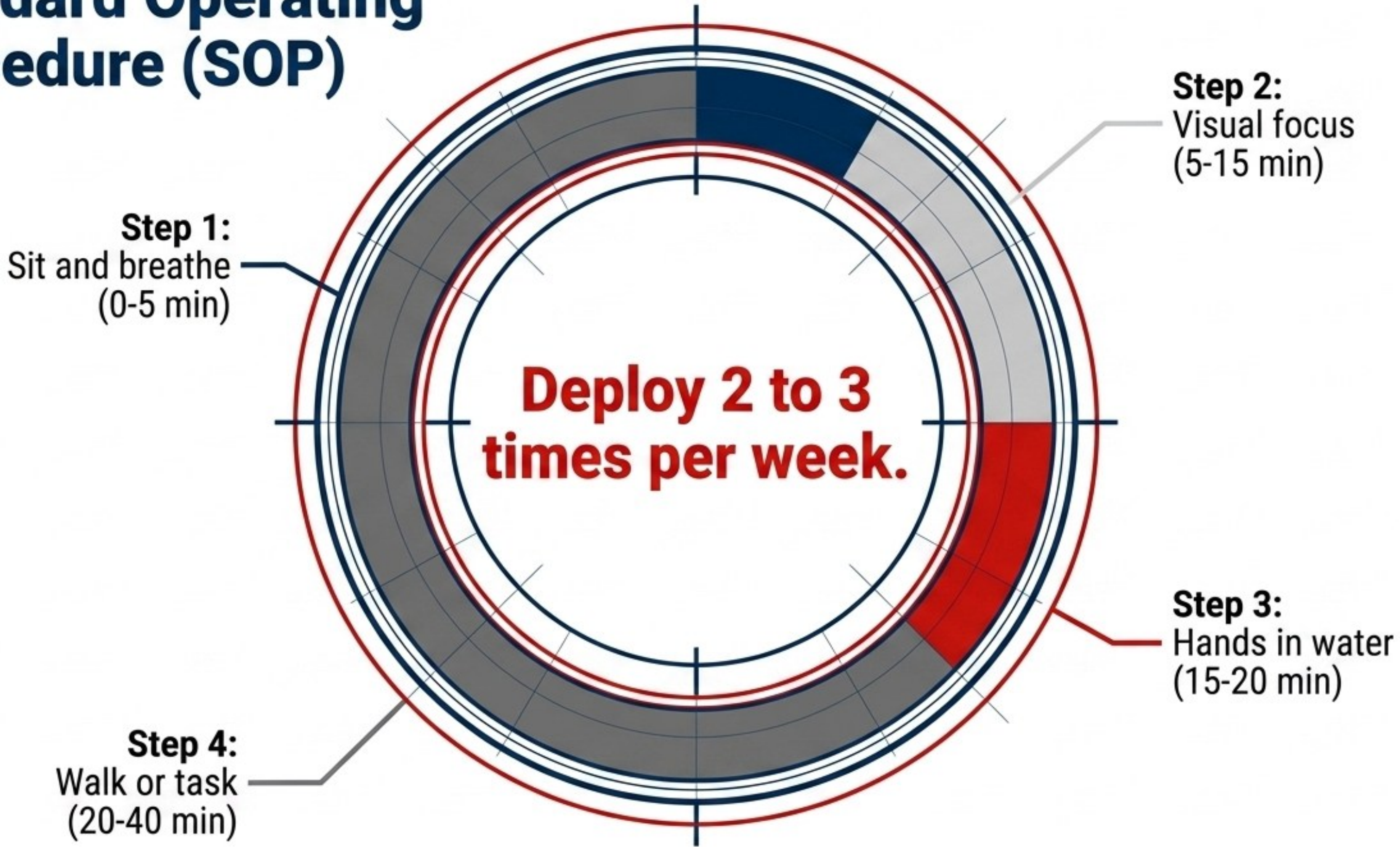


Target State:
Restless or agitated

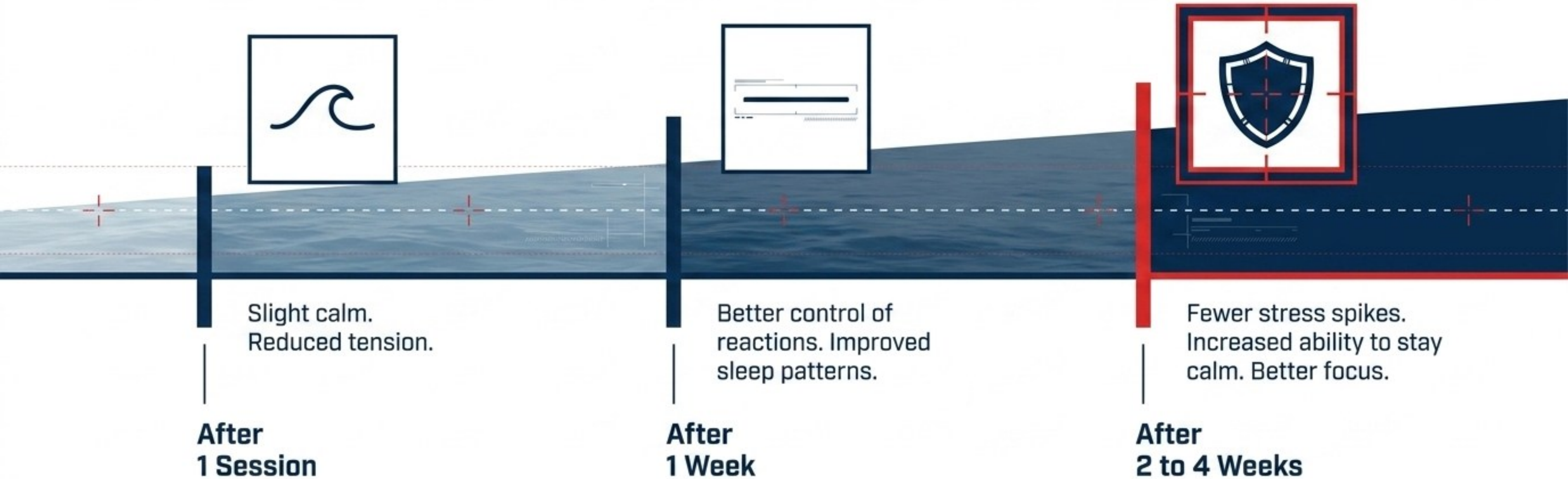
Time:
10 to 20 minutes

Result:
Release of physical tension, improved mood, reduced agitation.

Standard Operating Procedure (SOP)



The Horizon: Expected Results



Keep It Simple



Show up



Follow the steps



Repeat consistently

You do not need to do everything perfectly, This works because it is simple and repeatable.