



# 30 DAYS OF HEALING

## with Beyond MST

*Healing after MST takes time.  
The Beyond MST app can help.*



Are you a Veteran in crisis or concerned about one?  
You're not alone—the Veterans Crisis Line is here for you.  
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**CHAT: [VeteransCrisisLine.net/Chat](https://VeteransCrisisLine.net/Chat)**

**TEXT: 838255**

Created by the Military Sexual Trauma Support Team in the VA Office of Mental Health and  
the Mobile Mental Health Apps Team at the National Center for PTSD

**VA**



U.S. Department  
of Veterans Affairs

National Center for  
**PTSD**  
POSTTRAUMATIC STRESS DISORDER



## 30 Days of Healing with Beyond MST

# About This Guide

**30 Days of Healing with Beyond MST** was designed to help survivors of military sexual trauma (MST) continue to improve their well-being using the **Beyond MST** mobile app. It lists 30 days of activities, tools, and resources to use on your healing journey. Regardless of how you use this guide, please know you are not alone, and that health, happiness, and healing are possible.

MST refers to a range of experiences of sexual assault or threatening sexual harassment during military service. Healing can be a lifelong journey for some. Please know that there is hope.

### What is Beyond MST?

**Beyond MST** is a free, secure self-help mobile app for MST survivors of all backgrounds and stages of recovery. **Beyond MST** was created by the Department of Veterans Affairs (VA) to support and empower you. It can help you cope with challenges, manage symptoms, improve your quality of life, and find hope. You don't need to be in treatment or have a specific diagnosis. Learn more at <https://www.ptsd.va.gov/appvid/mobile/beyondMST.asp>.



When you're ready, you can scan this QR code with your device camera or QR code scanning app. Follow the prompts to go to the app store and download the app.

### How do I use this guide?

If you are new to the **Beyond MST** app, you can use this guide to read each day's suggestion and try the activities from **Beyond MST**—with a goal of about one per day. The activities include tools, readings, and brief questionnaires. They were chosen to help you explore different features in the app in a helpful timeframe. **You can try as many or as few as you'd like, on a schedule that works for you.**

If this is your first time reading about MST, it can be emotionally hard. You can start anytime, and you can pause and do something else if you need to for a while.

If you've used **Beyond MST** before, please note that some steps may look slightly different on certain days.

### What if I don't have access to a mobile device? Can I use this guide without Beyond MST?

This guide was designed to support MST survivors using the **Beyond MST** mobile app. If you don't have the app, you can learn more about healing from MST at <https://www.mentalhealth.va.gov/mst>.

Questions or comments? Email [MobileMentalHealth@va.gov](mailto:MobileMentalHealth@va.gov).

### Your Privacy, Our Priority

#### Can VA or anyone else see what I enter into the app?

**Beyond MST** is secure. It is not connected in any way to VA medical records. VA cannot see information entered in the app that could identify you personally, and neither can any third parties, ever. You don't need a login, and you don't have to enter any personal details to use the app. You can also set a four-digit pin lock for added security.

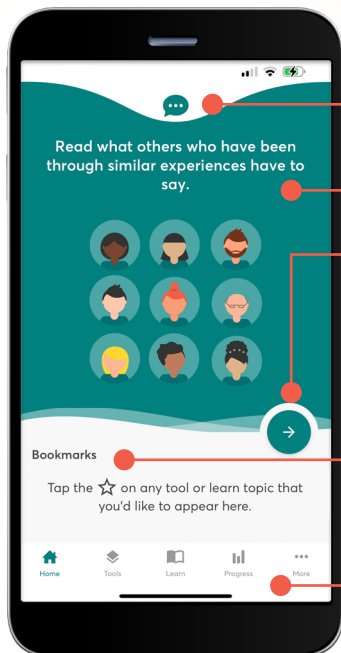
If you have questions or concerns about this, you can read more at <https://www.ptsd.va.gov/mobile> or in the app (select More on the home screen and then Settings to read the Privacy Policy).





30 Days of Healing with Beyond MST

# A Quick Tour of Beyond MST



## Home Screen and Navigation

**Coach:** Select the chat bubble icon to learn more about the app.

**Recommendations:** Tips or new things to try. This area refreshes each time you start the app.

**Try It Out:** If the arrow button is available, you can select it to try out the recommendation.

**Bookmarks:** When you are on some screens of a Tool or Learn topic, you can select the star icon located in the top right corner of the screen to bookmark a topic. That topic will then appear in this section for review or easy access.

### Menu Bar

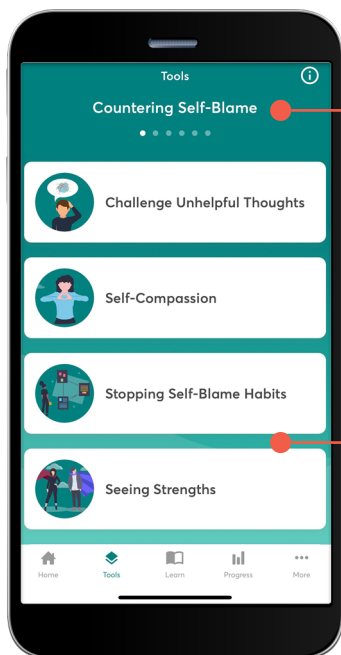
**Home:** Select the home icon to return to the home screen at any time.

**Tools:** Techniques and things you can do to heal and recover.

**Learn:** Readings to help you understand more about MST and different aspects of healing.

**Progress:** Take self-assessments; set personal goals; track your progress.

**More:** Privacy policy; set pin lock; view and delete reminders; export data; reset parts of the app.



## Switching between Sections in Tools and Learn

Tools and Learn topics are divided into six themes or sections. A bonus set of Learn topics called **About Military Sexual Trauma** appears first in the Learn area.

**1. Countering Self-Blame:** Learn how self-blame can keep you stuck and how challenging it can help you heal; practice self-compassion.

**2. Strengthen Relationship Skills:** Build healthy relationships and challenge unhealthy relationship beliefs; practice how to talk about MST.

**3. Building Support:** Explore different types and sources of support; get treatment tips; read supportive messages.

**4. Prioritizing Health and Wellness:** Learn about common health concerns; practice skills to improve physical health and wellness; make self-care plans.

**5. Finding Calm and Balance:** Practice skills for managing stress and emotions and staying in the present moment.

**6. Finding Hope:** Fight hopelessness and isolation by exploring values, motivation, and inspiration to continue healing.

### Navigate the Topics:



Swipe left and right to move between the six main themes.



Then, scroll up and down to review all Learn topics or tools within each theme.



## 30 Days of Healing with Beyond MST

# An Outline of This Guide

This page previews the activities in 30 Days of Healing with Beyond MST, just so you know what to expect. You can read pages 5 to 14 for detailed instructions on how to find each activity in the app. If you're viewing this guide on a computer, you can select a day's activity to jump to the instructions.

MENU  
ICONS



Tools



Learn



Progress

DAY	MENU ICON	ACTIVITIES
01		Try exercises in the <b>Self-Compassion</b> tool
02		Read <b>What is MST?, MST is Never Your Fault and You're Not Alone</b>
03		Try exercises in the <b>Relaxation</b> tool
04		Read <b>Stress Reduction</b>
05		Read <b>Stress and Health</b> and try the <b>Planning for Self-Care</b> tool
06		Try the <b>Pleasant Activities</b> tool
07		Take the <b>My Well-Being</b> assessment and review your favorite tools
08		Read <b>Common Struggles</b> and <b>The Impact of MST</b>
09		Read <b>Understanding Emotions</b> and try exercises in the <b>Grounding</b> tool
10		Use the <b>Sleeping Better</b> tool
11		Continue with the <b>Sleeping Better</b> tool
12		Read <b>Fight, Flight, Freeze</b> and try the <b>Managing Reactions</b> tool
13		Read <b>Finding Calm</b> and try the <b>Mindfulness</b> tool
14		Complete the <b>My Goals</b> assessment and review your favorite tools
15		Read <b>Don't Go it Alone</b> and <b>You Need People, Too</b>

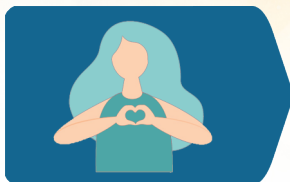
DAY	MENU ICON	ACTIVITIES
16		Try the <b>Finding Support</b> and <b>Rebuilding Trust</b> tools
17		Use the <b>Many Ways of Healing</b> tool
18		Try the <b>Finding Inspiration</b> tool
19		Use the <b>Seeing Strengths</b> tool
20		Read <b>Shame and Self-Blame</b> , then read <b>Overcoming Self-Blame</b> or try the <b>Stopping Self-Blame Habits</b> tool
21		Take the <b>Ways of Thinking after Trauma</b> assessment and review your favorite tools
22		Try the <b>Challenge Unhelpful Thoughts</b> and <b>Finding Inspiration</b> tools
23		Use the <b>Finding Motivation</b> tool
24		Read <b>MST and Relationships</b> and <b>Relationships and Health</b>
25		Try the <b>My Relationship Beliefs</b> tool
26		Read <b>Ways to Talk about MST</b>
27		Read <b>Beyond Suffering</b> and <b>Living Well Even When Hurting</b>
28		Read <b>Reclaiming Your Values</b> and use the <b>Finding My Values</b> tool
29		Re-take the <b>My Well-Being</b> assessment and review <b>My Goals</b>
30		Try the <b>Finding Gratitude</b> tool and read <b>Finding Hope</b>





# 30 Days of Healing with Beyond MST

## Week 1: Self-Compassion and Self-Care



### DAY 01: Practicing Self-Compassion

Congratulations on starting your 30-day journey. That's already a big accomplishment! Begin by learning about an important skill, self-compassion. Practicing self-compassion includes being kind and understanding towards yourself. It is vital when recovering from trauma, and everyone, including you, deserves compassion and care.

#### Self-Compassion Tool

1. Select **Tools** from the menu bar.
2. In the section **Countering Self-Blame**, select **Self-Compassion**.
3. Select any of the exercises to try, like **Creating a Safe Place** or **Self-Compassion**, then select **Start** to begin.



**Tip:** You can bookmark **Tools** or **Learn** topics you find helpful by selecting the star ☆ when it is available. This will save them to the bookmarks on the home screen. If you found today's tool helpful, try bookmarking it for future use!



### DAY 02: Learning More

Today's reading can help you learn about MST. It may help you to know you are not alone.

#### What is Military Sexual Trauma Reading

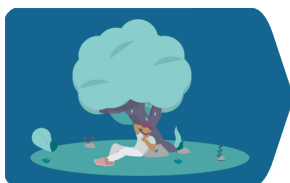
1. Select **Learn** from the menu bar.
2. In the section **About Military Sexual Trauma**, select and read **What Is Military Sexual Trauma?**.



If you'd like to read even more, navigate back one screen (by selecting the back arrow) and read **MST is Never Your Fault and You Are Not Alone**.



**Tip:** If this is your first time reading about MST, it can be emotionally hard. Take your time and be kind to yourself. Doing one or more exercises from the **Self-Compassion** tool can help.



### DAY 03: Taking Time to Relax

It's normal to feel tense or "on edge" after a trauma. This chronic stress can take a toll on your body and mind. Relaxation exercises can help you de-stress and cope more effectively.

#### Relaxation Tool

1. Select **Tools** from the menu bar.
2. Swipe to the section **Finding Calm & Balance**.
3. Select **Relaxation**, and choose any of the exercises to try.



**Tip:** Depending on where you start in the app today, you may need to swipe left or right after selecting tools to get to the **Finding Calm & Balance** Section.



## 30 Days of Healing with Beyond MST



### DAY 04: Reducing Stress

Now that you've learned about relaxation, check out today's reading for a list of other ways to reduce stress.

#### Stress Reduction Reading


1. Select **Learn** from the menu bar.
2. Swipe to the **Prioritizing Health & Wellness** section.
3. Select **Stress Reduction**. Choose one of the suggested ways to make stress reduction work for you. Try it for a week and see how you feel.



### DAY 05: Planning for Self-Care

Some people live in "survival mode" after a trauma and forget to take care of themselves. However, self-care is important for healing and living. Today, read about stress and health, then create your own self-care plan.

#### Stress and Health Reading, and Planning for Self-Care Tool

1. Select **Learn** from the menu bar.
2. Swipe to the **Prioritizing Health & Wellness** section, then select **Stress and Health**.
3. **Part 2:** Scroll down and select **Planning for Self-Care**, then **Start** (or **Add a Plan**, if you've used this tool before).
4. Read the introduction, then select **Add a Plan** and complete the steps.
5. Note: The lightbulb  at each step gives suggestions about what to include. On the last step, select **Set a Reminder** to have the app send you reminders to complete your plan.
6. Mark your progress in a day or two by reopening the tool and selecting your plan



### DAY 06: Doing Pleasant Activities

Doing activities you enjoy is an important part of taking care of yourself, especially when feeling down. Consider choosing an enjoyable activity that matters to you and committing to trying it.

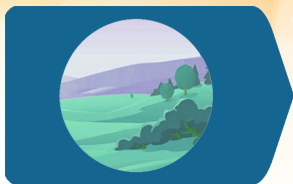
#### Pleasant Activities Tool

1. Select **Tools** from the menu bar.
2. Swipe to the **Countering Self-Blame** section.
3. Select **Pleasant Activities**, then **Start**.
4. Choose or add an activity to try out and see how it feels.





## 30 Days of Healing with Beyond MST



### DAY 07: Reviewing Progress - Your Well-Being

Start tracking your well-being in the Progress section today to help you identify patterns that affect how you think and feel. Then, you can plan changes to improve your well-being over time.

#### My Well-Being Questionnaire

1. Select **Progress** from the menu bar.
2. Select **My Well-Being**, then select **Take Assessment**.
3. Read and consider the feedback about your overall score.

**BONUS**

Revisit any of your favorite tools from the past 7 days.



Congratulations on completing your first 7 days! It's normal to feel a little overwhelmed when trying new skills. Take a moment to check in with yourself. Decide if you're ready to move into week 2, or if you would like to stay with the skills from week 1 right now. Remember, it's ok to go at your own pace.

## Week 2: Emotions and Stress Management

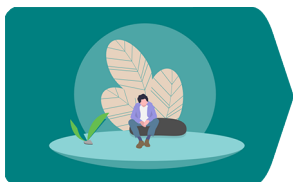


### DAY 08: Understanding Common Struggles

Although responses to MST vary, there are some challenges that many survivors encounter. Consider reading two topics today to learn more.

#### Common Struggles and The Impact of MST Readings

1. Select **Learn**.
2. In the section **About Military Sexual Trauma**, select and read **Common Struggles**.
3. **Part 2:** Navigate back, then select **The Impact of MST**.
4. Select the button to read more about impacts for women and men.



### DAY 09: Understanding Emotions

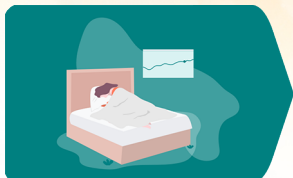
It's normal to feel painful emotions that are intense or happen more often than you'd like after experiencing MST. Today, learn more about emotions and ways to find more balance.

#### Understanding Emotions Reading, and Grounding Tool

1. Select **Learn**.
2. Swipe to the **Finding Calm & Balance** section, then select and read **Understanding Emotions**.
3. **Part 2:** Navigate back and select **Tools**.
4. Swipe to the **Finding Calm & Balance** section.
5. Select **Grounding**, then **Start**.
6. Pick exercises to create a grounding plan. You can also add your own exercise by scrolling down and selecting **Add Your Own**.



## 30 Days of Healing with Beyond MST

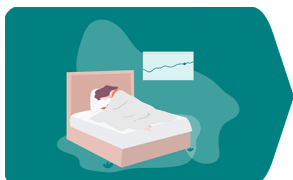


### DAY 10: Sleeping Better, Part 1

Sleep is important for your overall health and wellness. Today, learn some things that can help with sleeping better.

#### Sleeping Better Tool

1. Select **Tools**.
2. Swipe to the **Prioritizing Health & Wellness** section, then select **Sleeping Better**.
3. First, select **Improve Your Sleep Hygiene** and read about creating a good sleep environment.
4. Then, navigate back and select **Relax Your Body**.
5. Choose one relaxation exercise and try it.
6. Each night, try the tips and exercises you like most and see how you feel.



### DAY 11: Sleeping Better, Part 2

Keeping a good nighttime routine can help improve sleep, too. Today, try a few activities that can help you wind down at night.

#### Sleeping Better Tool

1. Select **Tools**.
2. Swipe to the **Prioritizing Health & Wellness** section, then select **Sleeping Better**.
3. First, select **Activities That Help Sleep**, and then choose a few activities that may help you wind down at night when you can't sleep.
4. Then, navigate back and select **Quiet Your Mind**.
5. Choose one exercise to try, and remember to come back and do what works for you when sleeping is hard.



### DAY 12: Learning about Fight, Flight, and Freeze

The fight, flight, and freeze responses are automatic, normal physical reactions to extreme stress. Unfortunately, many survivors blame themselves for these reactions. Learn more about them and explore skills that can help you manage strong reactions in the future.

#### Fight, Flight, Freeze Reading

1. Select **Learn**.
2. Swipe to the **Finding Calm & Balance** section, then select and read **Fight, Flight, Freeze**.



Scroll to "For more practice with these skills," and select **Managing Reactions**, then follow the directions to create an action plan for managing your reactions to stress.





## 30 Days of Healing with Beyond MST

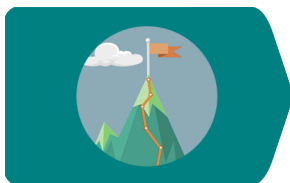


### DAY 13: Finding Calm

Learning to live more in the present and let go of unhelpful thoughts can help you feel calmer and more at peace. You can read more about mindfulness skills like these and try one today.

#### Finding Calm Reading

1. Select **Learn**.
2. Swipe to the **Finding Calm & Balance** section, then select and read **Finding Calm**.
3. Then, scroll to “For more practice with mindfulness skills,” and select **Mindfulness**, then **Start**.
4. Choose an exercise to try.

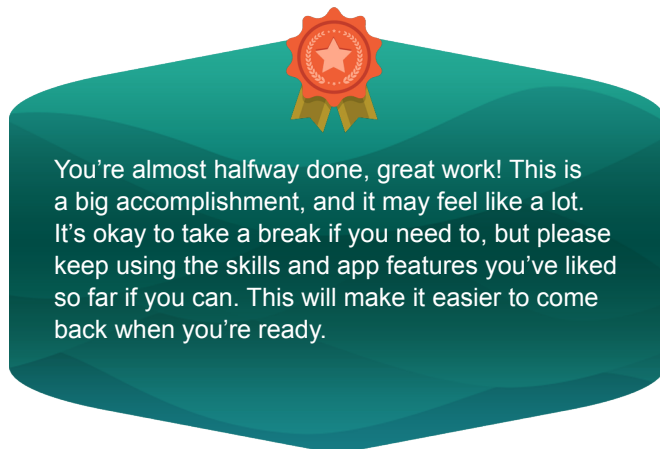


### DAY 14: Reviewing Progress – Setting Goals

Setting a goal for doing something on a regular basis that helps you take better care of yourself can be an important part of your healing journey. Try setting a goal for one thing for yourself today.

#### My Goals

1. Select **Progress**.
2. Select **My Goals**, then select **Get Started**.
3. Select the information icon (i) to learn about how to choose effective goals.
4. Navigate back, then type in a goal.
5. You can return to **My Goals** to make a note of how you did each day!  
Your goals also can be reordered and updated as often as you'd like.



You're almost halfway done, great work! This is a big accomplishment, and it may feel like a lot. It's okay to take a break if you need to, but please keep using the skills and app features you've liked so far if you can. This will make it easier to come back when you're ready.



Redo any of your favorite tools from the past 7 days. If you favorited them, they will be on the home screen. Otherwise, you can follow the directions in this guide from the day you tried them.

## Week 3: Support and Strength



### DAY 15: Knowing You Are Not Alone

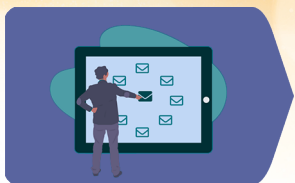
After experiencing MST, you may feel like no one understands, or it may feel safer to keep others away. Learn more today about how help and support from others can help you feel stronger.

#### Don't Go it Alone and You Need People, Too Readings

1. Select **Learn**.
2. Swipe to the **Building Support** section, then select and read **Don't Go It Alone**.
3. **Part 2:** Scroll to and select **You Need People, Too**.
4. Complete the reading and check out the tips.



## 30 Days of Healing with Beyond MST



### DAY 16: Finding More Sources of Support

Although having support can help with healing from the impacts of MST, sometimes it can be hard to find. Today's tool helps you find different sources of support online and in person from VA and other organizations.

#### Finding Support Tool

1. Select **Tools**.
  2. Swipe to the **Building Support** section, then select **Finding Support** and **Start**.
  3. Read about a support resource, and then select **Refresh**.
  4. Select the star to bookmark any resource that interests you and select the link to learn more.
- BONUS**
- Navigate back and swipe to the **Strengthening Relationship Skills** section.
  - Select **Rebuilding Trust** to explore ways to rebuild trust with people who may be able to offer support.



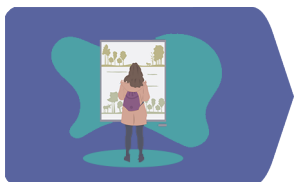
### DAY 17: Trying New Ways of Healing

Activities like yoga, tai chi, mediation, or helping others can help you find calm and balance. Check out today's tool to explore and connect to many different ways of healing.

#### Many Ways of Healing Tool

1. Select **Tools**.
2. Swipe to the **Building Support** section, then select **Many Ways of Healing** and **Start**.
3. Select **Refresh** to view new healing activities.
4. When you see an activity that interests you, select **View Details** to learn more and then **Set a Reminder** to have the app remind you to try out this activity.

**BONUS** If you'd like to explore an activity, consider making a plan today for when you might try it out.



### DAY 18: Inspiring Yourself

Paying attention to things that inspire you can be an important part of continuing to heal. You can use today's tool to remind yourself of inspiring or affirming quotes, images, and stories about healing.

#### Finding Inspiration Tool

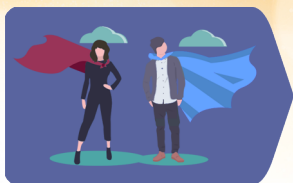
1. Select **Tools**.
2. Swipe to the **Finding Hope** section, then select **Finding Inspiration** and **Start**.
3. Scroll to read quotes, then select one that inspires you, and then **Add to List** to save it.
4. You can select the **Images** tab to scroll through inspiring pictures and the **Stories** tab to find links to other survivors' healing stories.

**BONUS** You can add your own quotes, photos, or links that you find inspiring, too.





## 30 Days of Healing with Beyond MST



### DAY 19: Reconnecting with Your Strengths

You have many positive qualities that have helped you come this far. Try a tool today to notice those parts of yourself that you like or that help you feel good, which can motivate and inspire you.

#### Seeing Strengths Tool

1. Select **Tools**.
2. Swipe to the **Countering Self-Blame** section, then select **Seeing Strengths** and **Start**.
3. Enter a strength by selecting the lightbulb  for suggestions or writing your own.

**BONUS**

You can add an image from your device that reminds you of your strength.



### DAY 20: Healing from Self-Blame

People may blame themselves or feel like they don't deserve good things after experiencing MST. These are normal reactions, but they also can be painful. Today, learn more about shame and self-blame and steps that can help with overcoming them.

#### Shame and Self-Blame Reading

1. Select **Learn**.
2. Swipe to the **Countering Self-Blame** section, then select and read **Shame and Self-Blame**.

**BONUS**

- **Option 1:** Navigate back and read **Overcoming Self-Blame**.
- **Option 2:** Navigate back and select Tools. Swipe to the **Countering Self-Blame** section and select **Stopping Self-Blame Habits**. Try to answer the questions, then select **Learn More** for more information and **Refresh** for more.



### DAY 21: Reviewing Progress - Ways of Thinking after Trauma

MST can affect how you think about yourself and others. Answer a brief **Progress** questionnaire to explore the impact of MST on your ways of thinking, then get tips that can help.

#### Ways of Thinking after Trauma Questionnaire

1. Select **Progress**.
2. Select **Ways of Thinking after Trauma**, read the instructions, then select **Take Assessment Now**.
3. Answer the 15 questions.
4. Read and think about the feedback.

**BONUS**

Redo any of your favorite tools from the past 7 days. If you favorited them, they will be on the home screen. Otherwise, just follow the directions from the day you tried them.

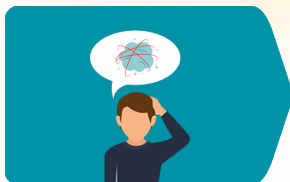


You've completed 21 days of Beyond MST and tried out a variety of coping skills and information. Hopefully you've bookmarked the ones you found helpful, and there are more to come. When you're ready, keep going for your final week.



# 30 Days of Healing with Beyond MST

## Week 4: Relationships, Reconnecting, and Hope



### DAY 22: Developing More Helpful Thinking

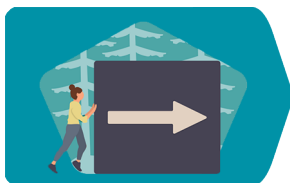
MST can impact how you think about yourself and the world. Use today's tool to learn how thoughts can keep you stuck, and how to find more helpful ways of thinking. This skill, like most, works best with regular practice.

#### Challenge Unhelpful Thoughts Tool

1. Select **Tools**.
2. Swipe to the **Countering Self-Blame** section, then select **Challenge Unhelpful Thoughts** and **Start**.
3. Select a thought you can relate to, then select **Next**.
4. Select one or more new thoughts that might be more helpful, and then select **Save**.
5. To challenge more thoughts, select **Add an Unhelpful Thought**. It will get easier with practice, too.



If you found **Finding Inspiration** on day 18 helpful, try going back and adding more to it.



### DAY 23: Motivating Yourself

Finding motivation can be hard, especially during tough times. Making a list of your own reasons to continue healing and reviewing it regularly can help you inspire yourself to keep moving forward.

#### Finding Motivation Tool

1. Select **Tools**.
2. Swipe to the **Finding Hope** section, then select **Finding Motivation** and **Start**.
3. Select one or more things from the list that motivate or encourage you, then select **Save**.
4. Select **Show Another Reminder** to cycle through your selections if you have more than one, or select **Edit** to update your list of motivations.



### DAY 24: Understanding Relationships

Relationships and interactions with others can be hard after MST. For many survivors, it can feel scary to trust or be around other people. Today, learn more and get tips that can help.

#### MST and Relationships Reading

1. Select **Learn**.
2. Swipe to the **Strengthen Relationship Skills** section, then select and read **MST and Relationships**.
3. Select **Examples** to read about different kinds of intimacy or closeness.

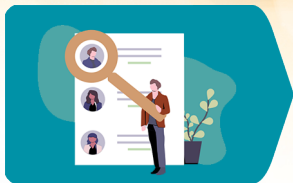


- Navigate back, then select **Relationships and Health**.
- Select **Types of Support** to learn about different kinds of support that other people can offer.





## 30 Days of Healing with Beyond MST

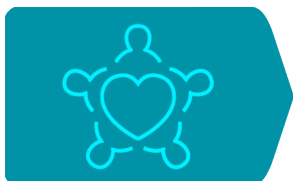


### DAY 25: Identifying Beliefs about Relationships

Experiences of MST can impact how you think about relationships and other people. This can make relationships more difficult. Explore your beliefs about relationships and challenge ones that may make relationships harder. Come back regularly to challenge unhelpful beliefs—it takes time and practice!

#### My Relationship Beliefs Tool

1. Select **Tools**.
2. Swipe to the **Strengthen Relationship Skills** section, then select **My Relationship Beliefs** and **Start**.
3. Select one or more relationship beliefs you can relate to, then select **Save** at the top.
4. Select **Challenge Beliefs** to read new things you could say to yourself that may be more helpful.
5. Select **Refresh** to see new suggestions.



### DAY 26: Talking about MST

You don't have to talk about your experience of MST to continue healing. For many people, however, sharing something about what they've been through with a healthcare professional or trusted support person can be a powerful and healing step. Read today's topic for tips to consider.

#### Ways to Talk about MST Reading

1. Select **Learn**.
2. Swipe to the **Strengthen Relationship Skills** section, then select and read **Ways to Talk about MST**.
3. Select **Tips** for additional suggestions.

#### BONUS

If you'd like to consider a future conversation with someone about your experience, select the link in this topic to the **Sharing My Story** tool for more guidance.



### DAY 27: Living Fully Despite Painful Memories

It is never too late to build a better life for yourself, and you deserve it. Read today's topics to learn about how you can continue healing even while coping with painful memories or challenges.

#### Beyond Suffering and Living Well Even When Hurting Readings

1. Select **Learn**.
2. Swipe to the **Finding Calm & Balance** section, then select and read **Beyond Suffering**.
3. Select **Tips** for suggestions to help you focus on the present moment and cope more effectively.
4. **Part 2:** Navigate back, then scroll to select and read **Living Well Even When Hurting**.
5. Select **Tips** for strategies than can help with building a more meaningful life.



## 30 Days of Healing with Beyond MST



### DAY 28: Connecting with Your Values

Values are guiding principles and ideals that matter most to you. Reconnecting with your values can help you in your journey. Read more and then try a tool to plan actions connected to your values.

#### Reclaiming Your Values Reading, and Finding My Values Tool

1. Select **Learn**.
2. Swipe to the **Finding Hope** section, then select and read **Reclaiming Your Values**.
3. **Part 2:** Scroll to “For more practice with values and goals,” and select **Finding My Values**.
4. Follow the prompts, and select the information icon ⓘ to learn more or the lightbulb 💡 for ideas.
5. Come back regularly to check in and plan new actions.



### DAY 29: Reviewing Progress - Your Well-Being and Your Goals

Look back on your progress with 30 Days of Healing with Beyond MST by completing the My Well-Being questionnaire and My Goals. Try to celebrate any positive changes you notice.

#### My Well-Being Questionnaire and My Goals

1. Select **Progress**.
2. Select **My Well-Being**, then select **Take Assessment Now**.
3. Consider the feedback for your current score and any changes since your past scores.
4. Select **Done**, then navigate back.
5. **Part 2:** From the **Progress** main screen, select **My Goals**.
6. If you previously set goals, select them to review your progress, or set new ones now.
7. Rate from 0 (unsuccessful) to 100 (highly successful) how successful you’ve been in meeting your goal(s), then select **Submit**.



### DAY 30: Appreciating and Looking Ahead

Today is your final day! Try to look back and find something you can feel grateful for. Also try to look forward for more ways to find hope as you continue on your journey.

#### Finding Gratitude Tool, and Finding Hope Reading

1. Select **Tools**.
2. Swipe to the **Finding Hope** section, then select **Finding Gratitude**.
3. Select **Audio Exercise** to help focus on the topic, or select **Start**.
4. Enter something you feel grateful for, or select the lightbulb 💡 for ideas.
5. If you give permission, you can add an image from your device that inspires you.
6. **Part 2:** Navigate back, then select **Learn**.
7. Swipe to the **Finding Hope** section, then select and read **Finding Hope** and **Tips for Finding Hope**.





## Celebrating Your Accomplishments, Continuing Your Journey

Congratulations on a great accomplishment of completing **30 Days of Healing with Beyond MST**. Hopefully, you've found some helpful tools and support along the way.

There are many options for next steps:

- Keep using **Beyond MST** to maintain your progress and for inspiration and affirmation, especially during tough times. Bookmark your favorite tools and features, too.
- Continue working on your goals and set new ones. Regularly track how you're doing with **Progress** features like **My Well-Being** (in **My Goals**).
- Use some tools regularly, like **Mindfulness**, **Grounding**, and **Relaxation** (in **Finding Calm & Balance**), **Self-Compassion** (in **Countering Self-Blame**), **Support Messages** (in **Building Support**), and **Finding Inspiration** and **Finding Gratitude** (in **Finding Hope**). Explore new **Tools** and features you haven't tried yet, too.

For some people, talking with a healthcare professional can also help. To learn more:

- Read topics like **VA Can Help** (in **About Military Sexual Trauma**) or visit VA's MST website at <https://www.mentalhealth.va.gov/mst>.
- Use the **Preparing for Healthcare Tool** (in the **Prioritizing Health and Wellness** section) to plan for future appointments, or try the **Considering Treatment Tool** (in the **Building Support** section) to think about how treatment might work for you.
- Visit AboutFace for stories of hope from other MST survivors who completed treatment at <https://www.ptsd.va.gov/apps/aboutface/military-sexual-trauma>.

Finally, please know that **you are not alone**. Remind yourself of all you've already overcome. Take things one step at a time, and don't put too much pressure on yourself. Healing journeys don't always follow a simple path. No matter what comes next, please remember that you deserve happiness and healing.

