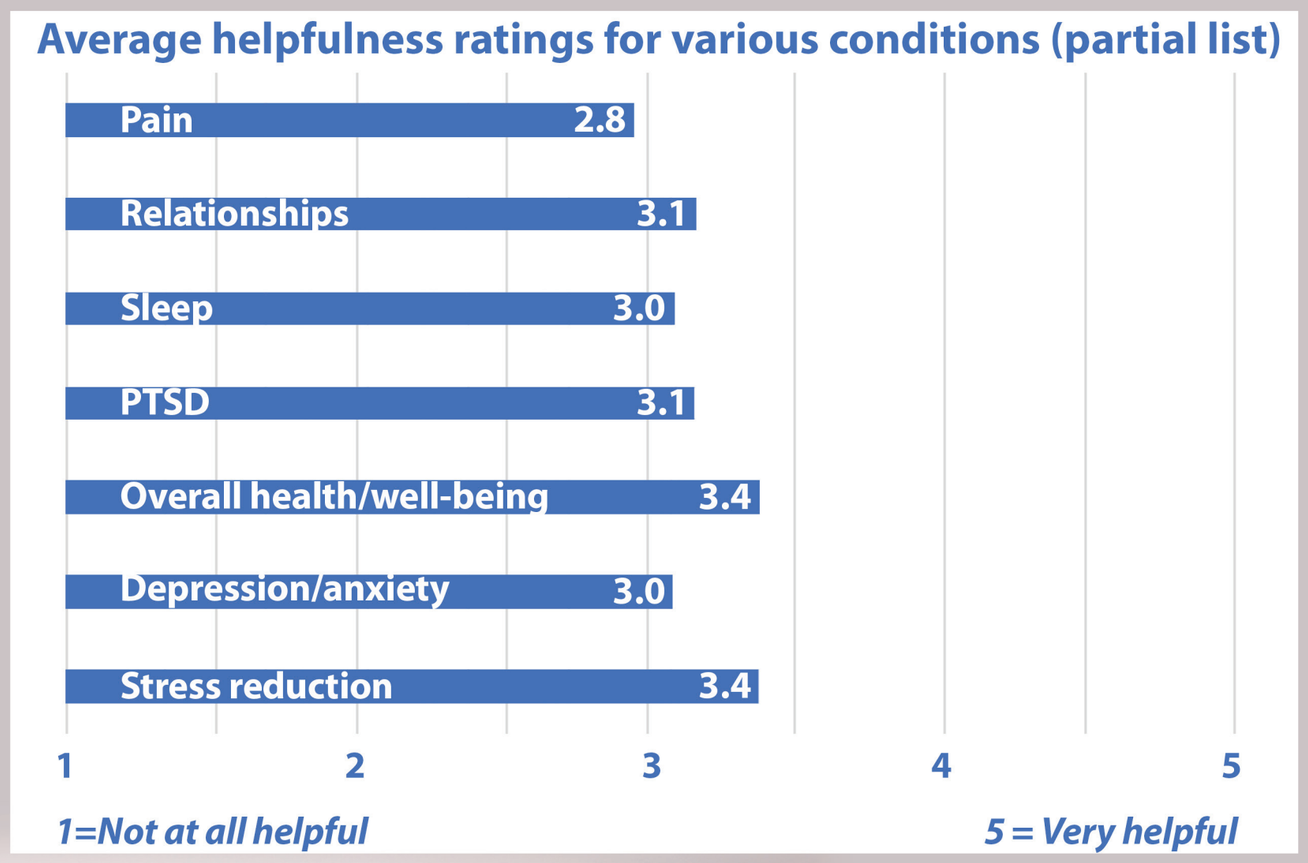
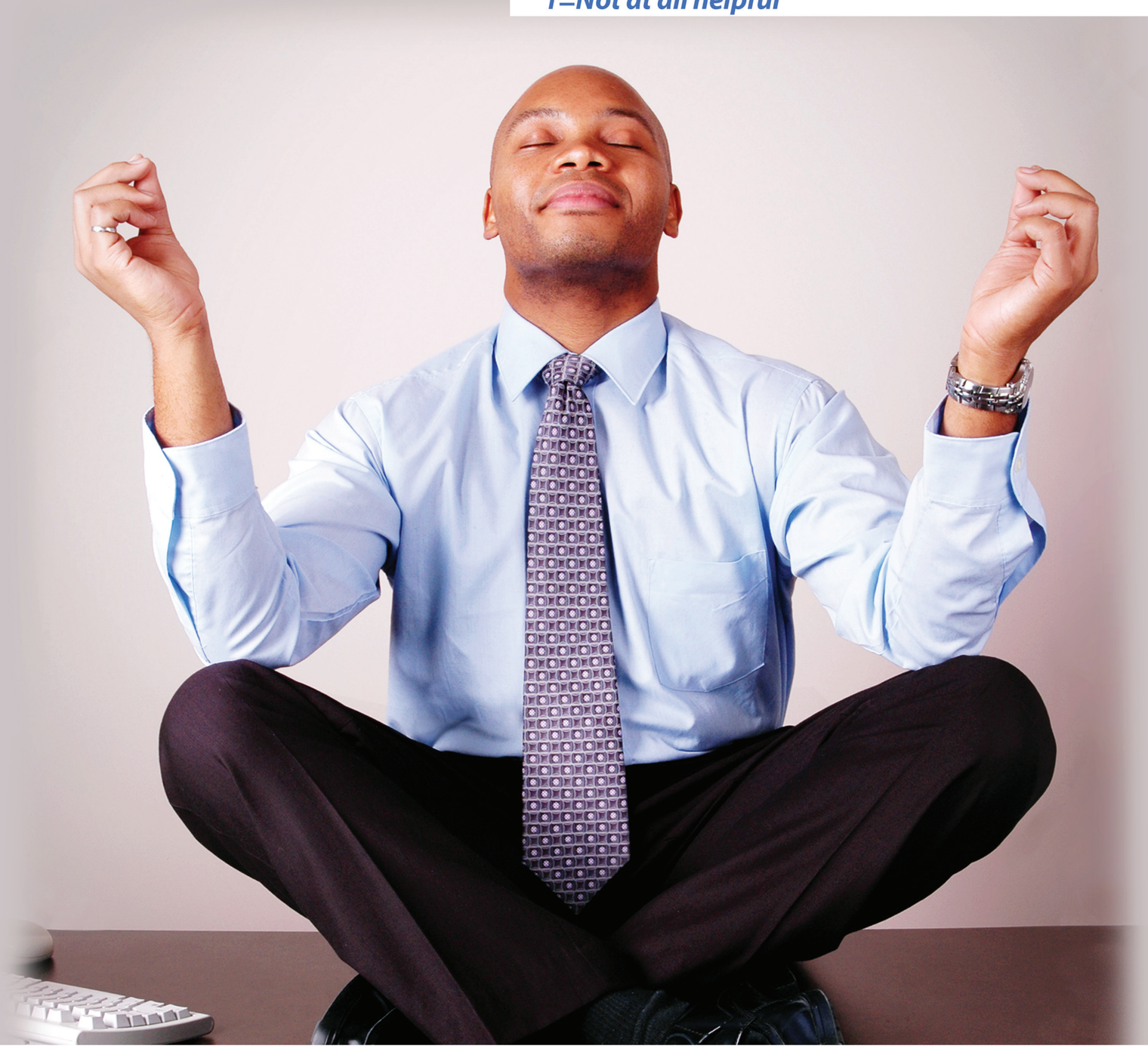
Mindfulness meditation among Veterans

18% of Veterans reported using mindfulness in the past year





Based on a survey of 1,230 VA patients. From "Utilization and perceived effectiveness of mindfulness meditation in veterans: Results from a national survey," *Mindfulness,* online Sept. 11, 2019. Infographic by VA Research Communications, August 2019. Photo: © iStock/stray_cat.