



# **COPING WITH THE CHALLENGES OF TRANSITIONING HOME**

**Presented by Military & Family Life Counselors**

# OBJECTIVES

- Special circumstances faced in the combat zone
- Challenges faced in returning home
- Roadblocks that may prevent a successful transition
- Tips for a healthy transition



# WHAT I'VE EXPERIENCED

- Memories
- Events
- Growth
- Challenges faced



# TRANSITIONING TO CIVILIAN LIFE

- Control and decision making - others took control and made decisions for you. Following orders was critical.
- Combat experiences - this is unique to each person.
- Responsibilities - increased stress of keeping self and others alive.
- Safety - constantly on guard to protect self/others.



# TRANSITIONING TO CIVILIAN LIFE

CONTINUED

- Emotional control - You had to control your emotions in the combat zone. Recognize emotional control involves both **holding in** and **expressing** feelings.
- Reflecting about the war - You had little time to talk about challenges and fears. Tell your story, like you want to tell it.
- Working with limited intelligence - You received limited information or information was withheld. Routines varied.



# RESERVATIONS ABOUT RETURNING HOME

- Uncertainties of what home life will be like
- Concern for others still in combat
- Distance from “military friends”
- Feeling you are still fighting the war



# ROADBLOCKS

- Substance abuse
- Criticisms
- Unrealistic expectations
- Avoid the “who had it worse” game



# WHERE I WANT TO BE...

- Reconnected with family and friends
- Accepted for the person I've become
- Appreciated for what I've done
- Trusted in the decisions I make





# TIPS FOR A SMOOTH TRANSITION

- Go slowly
- Accept things have changed
- Communicate openly
- Make quality time with spouse, children, friends and self
- Curb your desire to take control



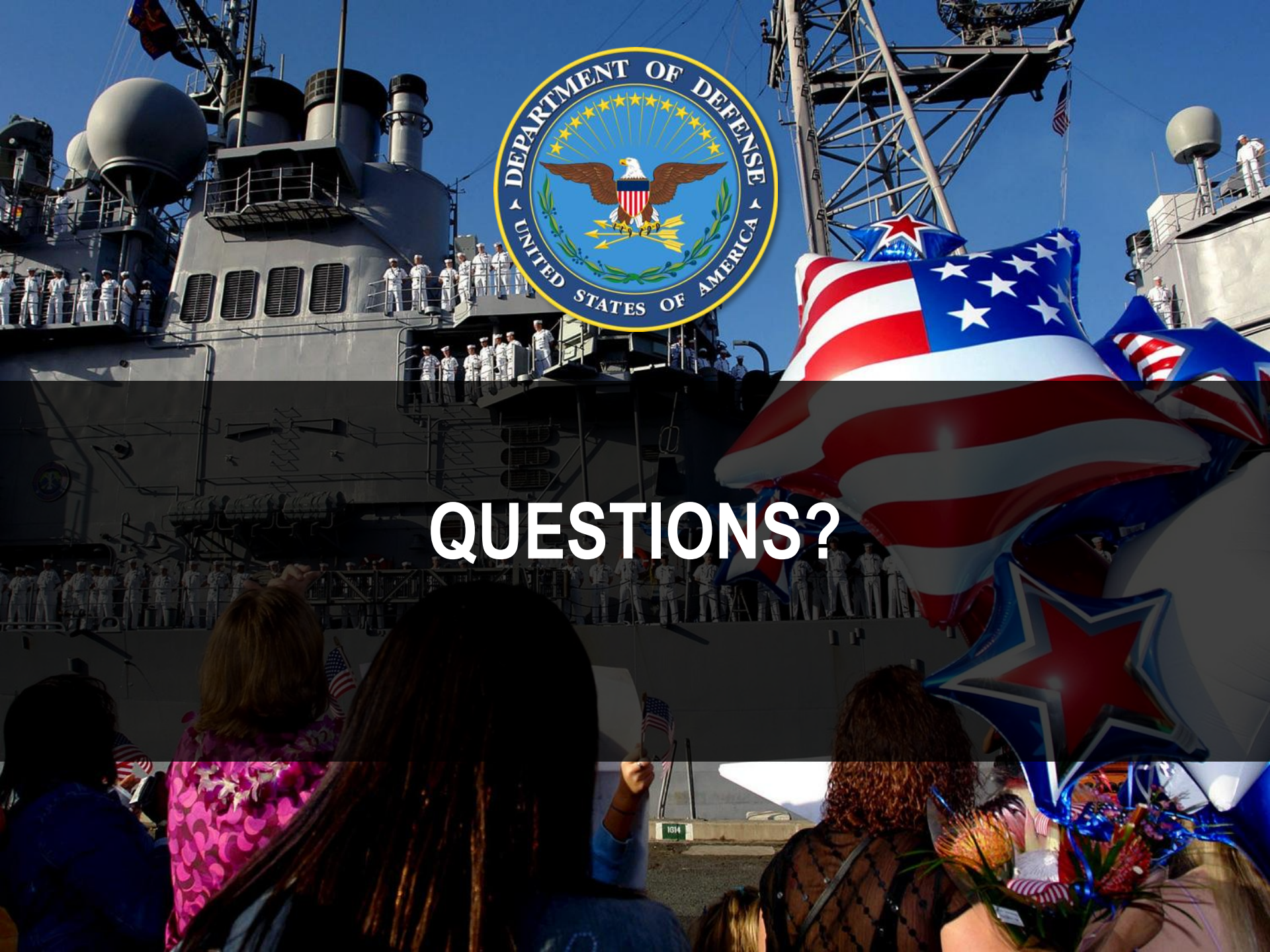
# SUMMARY

- Transitioning to civilian life can be very challenging
- It's important to be aware of potential roadblocks such as substance abuse and unrealistic expectations
- It's best to go slowly and accept that things have changed





**QUESTIONS?**



# RESOURCES

- Military Community Services
- Chaplain and Local Clergy
- Military OneSource (800) 342-9647
- TRICARE [www.Tricare.mil](http://www.Tricare.mil)
- Behavioral Health Services





**THANK YOU**

