



TRANSITIONING TO CIVILIAN LIFE

Presented by Military & Family Life Counselors

OBJECTIVES

Participants will learn:

- Common struggles that people have in separating from the military and entering civilian life
- Helpful tips for managing the stress of change
- Guidelines for a smoother transition from military to civilian life



CHANGE IS A PART OF LIFE

- Change and transition are a normal and natural part of life.
- Change happens every day to every one of us.
- Many people are uncomfortable with change.



CHANGE IN MILITARY LIFE

- Transition from military to civilian life can seem daunting.
- For many people it's a confusing time.
- Feelings like anxiety, frustration, fear, and loss are normal.



TRANSITIONING TO CIVILIAN LIFE

Separating from the military can be especially stressful if:

- It is not in a person's immediate plans
- The separation is involuntary
- There is a short separation window



TRANSITIONING TO CIVILIAN CAREERS

- The prospect of entering the job market after many years in the military can be overwhelming or scary.
- The idea of searching for a job may seem completely foreign.



TRANSITIONING TO CIVILIAN CAREERS

CONTINUED

- You are a highly trained and skilled professional who has much to offer.
- The range of employment and career opportunities and resources is wide.
- You're not alone.
- Focus on the positive aspects of the change, and your life as a whole.
- Most transitions bring positive change.



TIPS FOR COPING WITH CHANGE

- Take inventory of your personal values, mission, and goals.
- Make a realistic plan to achieve your goals.
- Be flexible and open to exploring new roles.



TIPS FOR COPING WITH CHANGE

CONTINUED

- Don't wait -- act now!
- Plan ahead, and tackle one task at a time.
- Self-care, and communicate with spouse and family along the way.



PRE-SEPARATION CHECKLIST

- Research and pursue key certifications.
- Translate military skills/acronyms into civilian terms.
- Begin to explore all employment options.



WHAT TO EXPECT DURING TRANSITION

- Positive change always involves the loss of what used to be.
- Even positive change can be stressful.
- Counter stress and isolation by reaching out to supportive others.



BECOME A CHANGE OPTIMIST!

- Reframe change in positive terms.
- Keep the focus on all that you still have.
- Focus on the present rather than the past.



EASING THE STRESS OF CHANGE

- Relaxation and other stress reduction can help.
- Focus on what's important, and on what you can control.
- Do something for someone else.



CONCLUSION

- Change doesn't have to be catastrophic.
- Changing jobs or careers typically has positive outcomes.
- You have what it takes to successfully navigate any change.





QUESTIONS?



RESOURCES

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



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THANK YOU

