

Speaker Notes

Title of Presentation: Deployment Survival

Page 1 – none.

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- **Prepare your family** members. Tell all of your family members (children, spouse, parents) the details of the separation. Use pictures, calendars, maps, or globes to locate the soldier's destination. Children may enjoy a treasure box, and the service member may send treasures to add to the box from time to time.
- **Complete your personal readiness plan.**
- **Communicate with your family.** Have numerous family discussions and one-on-one conversations where feelings are clearly and openly communicated. If your children have trouble expressing their feelings, be patient and offer them encouragement.
- **Develop plans for staying in touch** (these will be discussed later in the presentation).

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- **Self-care** – Refrain from abusing alcohol and drugs (both illegal and prescription)
- **Sense of Humor** - Use it to overcome stress.
- **Have a Life** – Socialize, Sports, Church, hobbies
- **Maintain a healthy diet**
- **Exercise** (even mild to moderate exercise can make a difference in how you feel)
- **Get plenty of rest**
- **Relax** – use deep breathing, yoga, meditation
- **Avoid power struggles:** Have numerous family and one-on-one discussions where feelings are clearly and openly communicated. Be patient with each other. Some children may have difficulty expressing feelings. Be patient, offer them encouragement.

Page 8 – Work out a budget with your spouse including a schedule of bill payments, so you are in alignment with each other. This can help avoid conflict later on.

Page 9 – Make sure ID cards, power of attorney and wills are current for both spouse and military member. Make sure both know how to access wills and power of attorney papers. Develop a family care plan to include emergency contact and safety issues.

Page 10 – Have a plan in place with family and loved ones including how to keep in touch, what to do and who to contact in case of an emergency.

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- **Security:** Discuss personal safety issues with spouse and develop a plan.
- **Healthcare issues:** Make sure healthcare insurance is up to date. Discuss plans for taking care of any on-going health issues with family members.
- **Household & vehicle** – Address any maintenance issues regarding these and have a plan for how to handle them if something comes up during deployment.
- Make sure **passports** are current.

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Page 17 – none.

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