

## Speaker Notes

### The Emotional Cycle of Deployment

#### **Page 1 – Title Slide**

None

#### **Page 2 – Agenda**

None

#### **Page 3 – Objectives**

None

#### **Page 4 – Three Phases of Deployment**

None

#### **Page 5 – Pre-Deployment**

None

#### **Page 6 – Pre-Deployment Phase, Stage 1**

None

#### **Page 7 – Pre-Deployment Phase, Stage 2**

None

#### **Page 8 – Subtitle Slide**

None

#### **Page 9 – Pre-Deployment Considerations**

- Although pre-deployment and deployment are stressful times for everyone in the family, preparing during the pre-deployment phase can do a lot to help reduce stressful feelings.
- Prepare for deployment now: Many areas of your life will be affected by deployment, but the deployment will be a lot easier if you and your family are well prepared. Start by completing your personal readiness plan.
- Prepare family members: Tell all of your family members (children, spouse, parents) as many details of the separation as possible. Use age appropriate language. Younger children will need basic information in simple language. Use pictures, calendars, maps, or globes to locate the destination.
- Communicate with your family: Have family discussions and one-on-one conversations with clear and open communication about each person's feelings and thoughts regarding the deployment. 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).

### Page 10 – Have a Plan in Place

- Financial matters: Work out a budget and financial plan with your spouse, including a schedule of bill payments, so you are in alignment with each other. This can help avoid conflict later on.
- Legal matters: Make sure ID cards, power of attorney and wills are current for both the spouse and military member. Make sure both of you know how to access wills and power of attorney papers. If you need assistance with the power of attorney, consult your legal representative or an attorney.
- Develop a family care plan to include emergency contact and safety issues.

### Page 11 – Have a Plan in Place (Continued)

- 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 ongoing health issues with family members.
- Household and vehicle: Address any maintenance issues regarding these and have a plan for how to handle them if something comes up during deployment.
- Passport: Make sure passports are current.
- Personal matters: 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.

### Page 12 – Staying in Touch during Deployment

- Have a plan in place as to how you will stay in touch during deployment. You may want to use some or all of these methods. Decide which methods will work best for you.

### Page 13 – Subtitle Slide

None

### Page 14 – Deployment Phase, Stage 3

None

### Page 15 – Deployment Phase, Stage 4

None

### Page 16 – Subtitle Slide

None

### Page 17 – Managing Deployment

- Develop a daily routine: Maintain and stick to a daily routine. Maintaining consistency and having structure for both adults and children can help reduce stress.
- Send notes, e-mails, and letters to your service member as often as possible: The notes, emails and letters do not need to be lengthy. Just a short note to say “I’m thinking about you” will mean a lot. It’s letting them know you are thinking about them that will be important.
- Create care packages for your service member: Include some humorous items as well as other items they will appreciate. Send a funny card or stuffed animal. Share a joke. Care packages are important to your service member and will help to keep their spirits up.
- Volunteer: Find a worthy cause to which you would like to volunteer some time. Volunteering keeps you busy and it increases your sense of self worth.

- Display your flag: This shows your patriotism and gives you a sense of pride in the job your service member is doing.
- Seek support from family and friends: Having a strong support network is one of the best things you can do for reducing stress. A support system can provide emotional support and help with practical matters such as a broken down car, childcare, etc.
- Practice self-care: Information will be presented on this topic in the following slides.

#### **Page 18 – Tips for the Service Member**

- Seek support from your battle buddies: Your battle buddies are your closest support system and can provide emotional support and encouragement.
- Avoid consuming too much alcohol: Your judgment becomes impaired when you drink excessively. Alcohol is also a depressant and can negatively affect your mood and state of mind.
- Talk, send e-mails, or write to your spouse as often as possible: It helps you stay connected and feel a little less lonely.
- Stay focused on the mission and reuniting with your partner and family after deployment: Keep your focus on what is most important.

#### **Page 19 – Safety Precautions for the Spouse**

None

#### **Page 20 – Practice Self-Care**

- Get plenty of rest: Your body and mind need time to rest and rejuvenate.
- Maintain a healthy diet: Try to avoid too much refined sugar. This may give you an initial boost of energy, but the affects will quickly drop and can leave you feeling tired and sluggish.
- Exercise: This is a great way to release the body's endorphins, which naturally create feelings of well-being. It also gets rid of stress chemicals that build up in the body.
- Practice relaxation: Do some deep breathing or imagine yourself in a relaxing scene. This will give your mind a break from worries and help rejuvenate your mind and body.
- Laugh: Laughter also releases endorphins. You can watch a funny movie or share a joke with a friend.
- Avoid alcohol, cigarettes and caffeine: Alcohol is a depressant. Cigarettes and caffeine significantly increase adrenaline and the stress response.
- Minimize the amount of news you watch or read: The news is usually filled with information about the war. Although information is good, watching too much about the war can become overwhelming at times.
- Listen to soothing music: Listening to music is another good way to induce relaxation. Try this before going to bed.

#### **Page 21 – Subtitle Slide**

None

#### **Page 22 – Moving into Reunion Phase, Stage 5**

None

#### **Page 23 – Reunion Phase, Stage 5 (Continued)**

None

**Page 24 – Reunion Phase, Stage 6**

None

**Page 25 – Reunion Phase, Stage 7**

None

**Page 26 – Subtitle Slide**

None

**Page 27 – Managing Reunion**

- Communicate openly: It's ok to let your spouse know about your worries as well as your positive feelings.
- Go slowly and be patient: Don't try to make up for lost time. Reunion/reintegration is a process. It takes time to reconnect with family, friends and the community.
- Make time for yourself, and allow others free time, as well: Take some time away from family, friends and activities. Your body and mind need time to rest and rejuvenate.
- Stay positive: Our thoughts largely control the way we feel. If we are giving ourselves negative messages, we will tend to have a negative attitude.
- Reconnect with your social network: People with strong support networks are usually more resilient when it comes to handling stress.
- Don't expect old problems to have gone away: If there were problems with relationships prior to deployment, they will probably still be there. Be prepared to deal with them in a positive way.

**Page 28 – Managing Reunion**

- Curb your desire to take control: Both the service member and family members may have a desire to take control of things. The family has taken on responsibilities while the service member has been deployed. The service member may want to take over again, and the family may not want to relinquish their responsibilities.
- Accept that things may be different: All parties will have grown and changed during the deployment. There may be new routines at home. The spouse and children may be involved in new activities and have new friends.
- Take time to become reacquainted: Get to know each other again.
- Remember that intimate relationships may be awkward at first: Give it time and don't force it. Allow intimate relations to happen gradually and naturally.

**Page 29 – Reunion Phase, Stage 6**

None

**Page 30 – When to Seek Help**

None

**Page 31 – Summary**

None

**Page 32 – Questions**

None

**Page 33 – Resources**  
None

**Page 34 – References**  
None

**Page 35 – Thank You**  
None

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