

The Emotional Cycle of Deployment Worksheet: Post-Deployment

<i>What's Going On ...</i>	<i>Feelings</i>	<i>Coping Strategies</i>
Return Adjustment and Renegotiation		
<ul style="list-style-type: none"> ▪ During time of separation, Service member and all family members have changed ▪ Changes may hold pleasant surprises or may cause conflict ▪ Family members may feel overwhelmed by the Service member's attempts to get to know everyone again ▪ Everyone needs space and time to readjust ▪ Family member may feel loss of independence ▪ Entire family must begin to renegotiate how household will look now that everyone is together again ▪ Service member may need time to assimilate ▪ Children: different reactions depending on ages 	<ul style="list-style-type: none"> ▪ Relief ▪ Happiness/Joy ▪ Irritability ▪ Guarded ▪ Overwhelmed ▪ ▪ ▪ ▪ 	<ul style="list-style-type: none"> ▪ ▪ ▪
Reintegration and Stabilization		
<ul style="list-style-type: none"> ▪ Family continues to adjust to having the Service member home ▪ This could last for months! ▪ A <i>new normal</i> is established regarding routines and expectations ▪ Members may begin to feel secure, relaxed, and comfortable with one another again ▪ If readjustment challenges resurface, support is important... It is okay to ask for help if you need it! 	<ul style="list-style-type: none"> ▪ Secure ▪ Comfortable ▪ ▪ ▪ ▪ 	<ul style="list-style-type: none"> ▪ ▪ ▪

NOTES:

Deployment Resources

Topic	Website	Topic	Website
<u>AAFES</u>	www.shopmyexchange.com	<u>Military Money</u>	www.incharge.org/military-money
<u>American Red Cross</u>	www.redcross.org	<u>Military OneSource</u>	www.militaryonesource.mil
<u>Air Force Reserve</u>	www.afrc.af.mil	<u>Military Scholar</u>	www.militaryscholar.org
<u>Air Force Heart Link</u>	www.usafservices.com/Home/SpouseSupport/HeartlinkTraining.aspx	Military Spouse	<u>Spouse Buzz:</u> www.spousebuzz.com <u>Veterans United:</u> www.veteransunited.com/spouse
<u>Air National Guard</u>	www.ang.af.mil	<u>Moms of Service Members</u>	www.bluestarmothers.org
<u>Army Emergency Relief</u>	www.aerhq.org	<u>Military.com</u>	www.military.com
<u>Army Family Team Building</u>	www.myarmyonesource.com	<u>Moms over Miles</u>	www.momsovermiles.com
<u>Army Reserve</u>	www.usar.army.mil	<u>National Guard</u>	www.nationalguard.mil
<u>Army Reserve Family Programs – Fort Family</u>	www.arfp.org/index.php/programs/fort-family-outreach-and-support	<u>National Guard Family Programs</u>	www.jointservicesupport.org/FP/Default.aspx
<u>Dads at a Distance</u>	www.daads.com	<u>National Military Family Association</u>	www.nmfa.org
<u>DECA Commissaries</u>	www.commissaries.com	<u>Navy Fleet & Family Support Program</u>	www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html
<u>Defense Finance and Accounting</u>	www.dfas.mil	<u>Navy Reserve</u>	www.navyreserve.navy.mil/Pages/default.aspx

Topic	Website	Topic	Website
<u>Deployment Information</u>	www.afterdeployment.dcoe.mil	<u>OSD Manpower & Reserve Affairs</u>	www.people.mil
<u>Defense Centers of Excellence</u>	www.dcoe.mil	<u>Marine Corps Family Team Building</u>	www.usmc-mccs.org/services/family/marine-corps-family-team-building/
<u>DoD Mobilization Guide</u>	www.militaryonesource.mil/12038/Project%20Documents/MilitaryHOMEFRONT/Troops%20and%20Families/Deployment%20Connections/Pre-Deployment%20Guide.pdf	Parents of Service Members	<u>Operation we are here:</u> www.operationwearehere.com/Parents.html <u>Surviving Deployment.com:</u> www.survivingdeployment.com/parents.html
<u>Employer Support of the Guard and Reserve</u>	www.esgr.mil	<u>Spirit of America</u>	www.spiritofamerica.net
<u>Financial Readiness</u>	www.militaryonesource.mil/pfm	<u>Surviving Deployment</u>	www.survivingdeployment.com
<u>Joint Services Support</u>	www.jointservicesupport.org	<u>Taxes (IRS)</u>	www.irs.gov
<u>Coast Guard Reserve</u>	www.uscg.mil/reserve	<u>Thrift Savings Plan</u>	www.tsp.gov
<u>Marines</u>	www.marines.mil	<u>Tricare Reserve Information</u>	www.tricare.mil/trs
<u>Military Child Education Coalition</u>	www.militarychild.org	<u>US Army</u>	www.army.mil
<u>Military Living</u>	www.militaryliving.com	<u>Veterans Administration</u>	www.va.gov
<u>Military Family Network</u>	www.emilitary.org	<u>Yellow Ribbon Reintegration Program</u>	www.yellowribbon.mil