



### **Post Deployment**

*“Airmen Taking Care of Airmen”*

**“Welcome Home”**

### **Signs of Combat/Operational Stress**

*“Cumulative Stress is Real”*

- Re-experiencing event
- Guilt about incident
- Nausea and vomiting
- Headaches/stomach aches
- Inability to sleep/rest
- Poor concentration
- Hyper-vigilance
- Reaction to sounds
- Intrusive thoughts
- Change in speech
- Withdrawal/sadness
- Anxiety/ panic
- Fear
- Irritable

### **What about PTSD??**

- Persistent re-experiencing the event
- Avoidance of similar situation associated with the event
- Increased anxiety, irritability
- Duration over a month
- Stress/ impairment in daily functioning (social, work, personal)

### **What if I feel this way....How do I cope??**

- Know that you are having a normal response to an abnormal situation
- Others have survived traumatic circumstances
- Crisis is temporary, you will get better
- Strong beliefs (God, mission, values)
- Turn to family and friends for support
- Seek help if symptoms persists
- Using key agencies for support
- Take Care of yourself and your buddy!!!

### **Emergency Numbers**

Life Skills Support Center	(910) 394-4700
Family Support Center	(910) 394-2538
Chapel	(910) 394-2677
Security Forces	(910) 394-2800
Air Force One Source	(800) 707-5784