



Parent-Teen Activity Series

Tip of the Month

Deployments affect every family member and can cause each person to experience a wide range of emotions. Get in touch with your own emotions and understand what makes you nervous or worried. If hearing about current events makes you anxious, **DON'T WATCH THE NEWS!** Keep your every day routines despite the deployed person's absence. These routines can provide stability and comfort even without your loved one's presence.



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