



# Post-Deployment Airman Resiliency Training

## REINTEGRATION: Returning Home From Deployment





## Introduction

### Goals:

**Reintegration with family friends  
and coworkers**

**Resiliency to build mental strength**

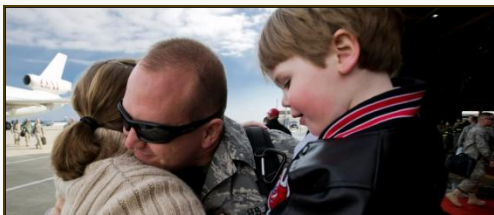
**Recognition of signs of deployment  
stress**

**Resource knowledge to understand  
what is available for themselves  
and others after deployment**





**How well do expectations and reality correlate when you redeploy?**





## Expectations

### FAMILY

- Homecoming “let down”
- Children
- Role changes
- Intimacy

### FRIENDS

- Change
- Spending time together
- Made new friends

### WORK CENTER

- Others pulling heavy load
- Work has piled up
- Job responsibilities changed
- Questioning the meaningfulness of tasks
- New people
- Did they miss me or my work





**What types of skills are necessary or work well for us in a deployed setting?**





## Post-ART: Core Skills

■ CHECK

● CONNECT

▲ CONTROL

★ CONFIDENCE





## **Resources:**

**Chaplain Services, Your Minister**

**Medical Provider**

**Mental Health Providers**

**Unit CC/ 1st Sgt**

**Wingman**

**Family, Friends, and Co-workers**

**Airman & Family Readiness Program Manager**

**Military & Family Life Consultant**

**Military OneSource**

**Wing Director of Psychological Health**





# BACKUP SLIDES







## ▲ CONTROL: Recharge: Sleep

**Performance can be maximized by good sleep**

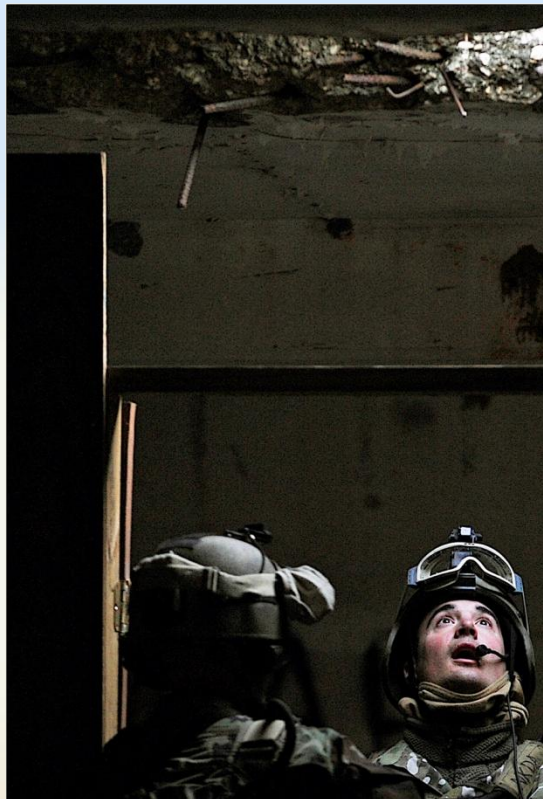
**Improves mood, concentration, SA**

- **Develop routines (wake/go to sleep at same time)**
- **Bed is for sleeping (not watching DVDs, reading)**
- **Avoid caffeine, nicotine, sleep meds if possible**
- **Regular exercise (except right before bed)**





## ● CONNECT: Wingman Leadership



**Watch out for your buddies  
Talk to them if you notice  
changes**

**Share your experiences**

**Keep in contact with team  
members**

**Involve leadership if needed**

**Encourage help-seeking if  
needed**

