



The Wait is Over, Now What?

Five Stages of Reunion and Reintegration

Reunion

Step 1: Prior to the Reunion

- a. Communicate expectations
- b. Plan something special
- c. Be flexible –

Step 2: Day of the Reunion

- a. SM (and you!) may be fatigued....be aware of impact that may have
- b. Set realistic expectations
- c. Reaction of children

Reintegration

Step 3: Honeymoon Period

- a. Don't overschedule
- b. Take time to rebuild routines, renegotiate responsibilities
- c. Be patient with yourself, spouse, and children
- d. Watch spending

Step 4: Readjustment Phase

- a. Keep talking!!
- b. Don't force service member to talk about experiences while gone but let them know you are willing to listen if they do want to share.

Step 5: Stabilization

- a. Feeling emotionally connected
- b. Establishment or re-establishment of social, professional, spiritual connections

Resources

Airman & Family Readiness

Veterans' Crisis Line, 24/7

800-273-TALK (8255), opt 1

Director of Psychological Health

Military & Family Life Consultant

Physician

VA/Vet Center

Here or There

Chaplains

Commander/Supervisor/First Sergeant

www.MilitaryOneSource.com

800-342-9647 (24/7)

www.WingmanProject.org