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How to Cope with a Reservist's Deployment

Currently the United States has military personnel, Reservists and National Guard on alert for possible re-deployment. Whether your loved one is already deployed or in the process of preparing for deployment, emotionally adjusting to the change can be difficult. The following information is designed to help cope with their absence and the changes that deployment brings.

Deployment can bring up questions, fears and anxiety. Often we forget that we usually do have the means to cope with what seems beyond our control. Ask yourself the following questions; you may find that you already know the answers:

- To whom can I go when I feel scared, angry or lonely?
- How will I handle the change from having someone near me, helping me raise the family and do chores, to not having anyone on whom to rely?
- What can I do to lessen the feelings of sadness, especially at nighttime?
- Should I take on new hobbies and activities to fill the void? Or, should I try to keep everything "normal"?
- How will I recognize my stress? How can I make sure I do not take it out on my family, friends or coworkers?
- What do I think will be the hardest part of my loved one being away?

Tips On Coping

Consider contacting the chaplain or therapist at the reservist's installation or your own spiritual counselor. Other coping tips include:

- Rely on your own life experience. Recognize the positive ways you have handled similar situations and apply those lessons to your current situation.
- Remember the good times with your loved ones and keep mementos around for comfort.
- Identify strengths you possess that will get you through this difficult time.
- Identify and accept your weaknesses. You will be more likely to ask for help when you truly need it.
- Write letters. This is a cathartic way to lessen your feelings of sadness.
- Recognize and manage your stress. Keeping a journal, staying in shape, and establishing a support system may all help you keep a more balanced outlook on the situation.

Call us for the support that you need. 1-888-290-4EAP (TDD: 1800-697-0353) or go to www.GuidanceResources.com. Agency ID: FEDSOURCE