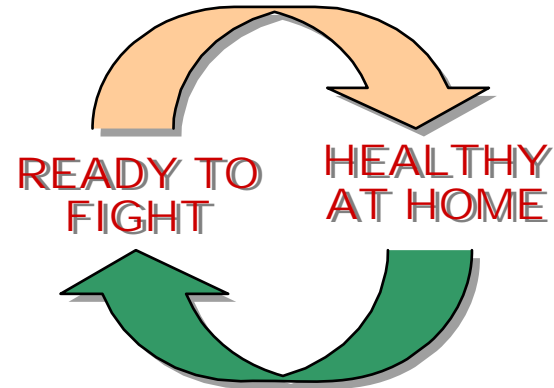


# Resetting After Deployment: Warrior Transition II Brief



Version Date: 20 Dec 2006



# Six Questions

- What sources of stress did you face during deployment?
- What sources of stress did you face after you returned home?
- How do Marines normally cope with stress?
- What happens when Marines are subjected to stress that is too intense or lasts too long to be coped with normally?
- How can Marines take care of themselves to promote healing from stress and stress injuries?
- Where can Marines get help if they need it?



# Common Sources of Stress During Deployment

<b>PHYSICAL</b>	<ul style="list-style-type: none"><li>• Heat</li><li>• Dehydration</li><li>• Illness</li><li>• Cold</li><li>• Sleep deprivation</li><li>• Injury</li></ul>
<b>COGNITIVE</b>	<ul style="list-style-type: none"><li>• Being hyper-focused</li><li>• Boredom</li><li>• Lack of information</li><li>• Helplessness</li></ul>
<b>EMOTIONAL</b>	<ul style="list-style-type: none"><li>• Fear of injury or death</li><li>• Fear of failure</li><li>• Hatred of the enemy</li><li>• Guilt and shame</li></ul>
<b>SOCIAL</b>	<ul style="list-style-type: none"><li>• Being away from loved ones and friends</li><li>• Loss of personal space</li><li>• Isolation</li></ul>
<b>SPIRITUAL</b>	<ul style="list-style-type: none"><li>• Life doesn't make sense like it used to</li><li>• Challenge of faith</li><li>• Challenge of purpose</li></ul>



# Common Sources of Stress After Deployment

<b>PHYSICAL</b>	<ul style="list-style-type: none"><li>• Money problems</li><li>• Vehicles and traffic</li><li>• Not carrying a weapon any more</li><li>• Alcohol</li></ul>
<b>COGNITIVE</b>	<ul style="list-style-type: none"><li>• Boredom, lack of excitement</li><li>• Back to the routines</li><li>• Disillusionment</li></ul>
<b>EMOTIONAL</b>	<ul style="list-style-type: none"><li>• Anger over mistakes</li><li>• Guilt over surviving</li><li>• Shame over perceived failures</li><li>• Hatred</li></ul>
<b>SOCIAL</b>	<ul style="list-style-type: none"><li>• Family conflicts</li><li>• Crowds and rude people</li><li>• Being separated from buddies &amp; leaders</li></ul>
<b>SPIRITUAL</b>	<ul style="list-style-type: none"><li>• Not understanding why sacrifices were made</li><li>• Loss of trust in others</li><li>• Mistrust in self</li></ul>



# How Did We Cope With Stress Before and During Deployment?

- **We trained**
  - To become stronger and tougher
  - To become aggressive
  - To become more self-confident
- **We neutralized sources of unnecessary stress**
  - We used the right protective gear
  - We trusted in our leaders and buddies
  - We kept ourselves and our gear ready
- **We “tuned out” whatever we couldn’t eliminate**
  - Didn’t think about dangers or loved ones back home
  - Didn’t look at horrors if we could help it
  - May have become physically and mentally “numb”



# But What Happened After You Returned Home?

- **Some of the ways you changed during deployment have had to change back**
  - For example, you may have had to learn to be less aggressive, and to drive more carefully
- **Some of the ways you neutralized sources of stress were no longer possible after you returned**
  - For example, you are no longer armed and surrounded by buddies all the time
- **The numbness may have had to wear off**
  - For example, you may have had to remember and think about dangers you faced, and friends you may have lost
- ✓ **All this takes time, so you have to be patient**



# What Are the Most Common Stress Problems After Deployment?

- **Risky and dangerous behavior**
  - Driving too fast or recklessly
  - Thrill seeking
- **Alcohol or drug abuse**
  - Drinking too much or too often
  - Using illegal drugs
- **Violence**
  - Getting into fights
  - Losing your temper with family or friends

***It takes most Marines a few weeks or even a few months to readjust to being back home from a war zone.***

***But if stress symptoms don't improve after a month or two, it may be a sign of stress injury.***



# Stress Injuries Occur When Stress Is Too Intense or Lasts Too Long



Stress injuries  
can heal!

- **Bent by stress**

- May feel irritable or anxious
- A gradual change
- You still feel like yourself
- You remain in control

- **Injured by stress**

- May feel like you've "lost it"
- Often more abrupt change
- Don't feel like yourself any more
- You lose control



# Three Types of Stress Injuries

## SEVERE COMBAT OR OPERATIONAL STRESS

### TRAUMA

- An impact injury
- Due to events involving terror or horror

### FATIGUE

- A wear-and-tear injury
- Due to the build-up of stress over a long time

### GRIEF

- A loss injury
- Due to the loss of people important to you



# What Are the Symptoms of Stress Injury?

- ✓ **Can't Sleep:** Being unable to sleep at least 6 hours/day
- ✓ **Can't Slow Down:** Having a pounding heart, sweating, or trouble catching your breath for no reason
- ✓ **Can't Calm Down:** Outbursts of intense anger for no reason
  - Feelings of intense fear or anxiety for no reason
- ✓ **Can't Enjoy Yourself:** Not enjoying people or activities you used to enjoy
- ✓ **Can't Get Going:** Not having as much energy as you used to, day after day



# Other Symptoms to Watch For

- ✓ **Repetitive distressing thoughts:** Repeated disturbing thoughts, images, or memories of a terrible or horrifying experience
- ✓ **Repetitive nightmares:** Repeated disturbing dreams of a stressful experience, especially that wake you up
- ✓ **Blaming yourself:** for something you couldn't help
- ✓ **Thoughts of hurting yourself**
- ✓ **Thoughts of hurting others**



# Post-Deployment Self-Assessment

- **Relationships**
- **Work/Unit**
- **Public behavior**
- **Substances**
- **Financial**
- **Self**
- **Spiritual**



# Relationships:

Spouse, significant other, family, friends, etc.

<u>Okay</u>	<u>Needs work</u>	<u>Needs help</u>



# Relationships:

Spouse, significant other, family, friends, etc.

<u>Okay</u>	<u>Needs work</u>	<u>Needs help</u>
<input type="checkbox"/> Good communication	<input type="checkbox"/> More fights, trouble communicating	<input type="checkbox"/> Poor communication
<input type="checkbox"/> Feel close	<input type="checkbox"/> Disagreements	<input type="checkbox"/> Constant fighting
<input type="checkbox"/> Look forward to seeing	<input type="checkbox"/> Circular arguments	<input type="checkbox"/> Dreading contact
<input type="checkbox"/> Close, happy	<input type="checkbox"/> Uncomfortable being around	<input type="checkbox"/> Distant
<input type="checkbox"/> Sex	<input type="checkbox"/> Apart	<input type="checkbox"/> No sex
<input type="checkbox"/> Conversation	<input type="checkbox"/> Some sex	<input type="checkbox"/> Conflict
<input type="checkbox"/> Dialogue	<input type="checkbox"/> Negotiation	<input type="checkbox"/> Criticism
<input type="checkbox"/> Affection	<input type="checkbox"/> Complaints	<input type="checkbox"/> Contempt
<input type="checkbox"/> Openness	<input type="checkbox"/> Ambivalence	<input type="checkbox"/> Defensiveness
<input type="checkbox"/> Responsive	<input type="checkbox"/> Guarded	<input type="checkbox"/> Stonewalling
	<input type="checkbox"/> Hesitant	



# Work/Unit:

Shop, supervisors, goals, promotion, rewards

<u>Okay</u>	<u>Needs work</u>	<u>Needs help</u>



# Work/Unit:

Shop, supervisors, goals, promotion, rewards

<u>Okay</u>	<u>Needs work</u>	<u>Needs help</u>
<input type="checkbox"/> Feels like a team	<input type="checkbox"/> Survivor TV series	<input type="checkbox"/> Individuals out for selves only
<input type="checkbox"/> Mentoring leadership	<input type="checkbox"/> Animosity	<input type="checkbox"/> Tyrant
<input type="checkbox"/> Making a contribution	<input type="checkbox"/> Bureaucratic	<input type="checkbox"/> Perceive favoritism
<input type="checkbox"/> Getting rewarded	<input type="checkbox"/> Unrewarding	<input type="checkbox"/> Hostile environment
<input type="checkbox"/> Career goals progressing	<input type="checkbox"/> Stagnating	<input type="checkbox"/> Disorganized/lack of leadership
<input type="checkbox"/> Job satisfaction	<input type="checkbox"/> Indifferent	<input type="checkbox"/> Held back
<input type="checkbox"/> Enjoy going to work		<input type="checkbox"/> Unsupported
<input type="checkbox"/> Respected by subordinates		<input type="checkbox"/> Abandoned
		<input type="checkbox"/> Abused



# Public Behavior:

Driving, waiting, dealing with public, patience

<u>Okay</u>	<u>Needs work</u>	<u>Needs help</u>



# Public Behavior:

## Driving, waiting, dealing with public, patience

<u>Okay</u>	<u>Needs work</u>	<u>Needs help</u>
<input type="checkbox"/> Appropriate	<input type="checkbox"/> Absent minded	<input type="checkbox"/> Risky
<input type="checkbox"/> Good driver	<input type="checkbox"/> Occasionally aggressive	<input type="checkbox"/> Road rage/Mad Max
<input type="checkbox"/> Patient	<input type="checkbox"/> Impatient	<input type="checkbox"/> Obnoxious
<input type="checkbox"/> Calm	<input type="checkbox"/> Occasionally anger/irritability	<input type="checkbox"/> Rage
<input type="checkbox"/> Friendly	<input type="checkbox"/> Distant	<input type="checkbox"/> Hostile
<input type="checkbox"/> No police involvement	<input type="checkbox"/> Pulled over for speeding	<input type="checkbox"/> Shirtless man on COPS



# Substance Use:

Tobacco, alcohol, drugs, sugars, fats

<u>Okay</u>	<u>Needs work</u>	<u>Needs help</u>



# Substance Use:

## Tobacco, alcohol, drugs, sugars, fats

<u>Okay</u>	<u>Needs work</u>	<u>Needs help</u>
<ul style="list-style-type: none"><li><input type="checkbox"/> Good social graces</li><li><input type="checkbox"/> Can take it or leave it</li><li><input type="checkbox"/> Okay being designated driver</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Others express concern</li><li><input type="checkbox"/> Got drunk when didn't intend to</li><li><input type="checkbox"/> Drinking is a response to problems</li><li><input type="checkbox"/> Few non-drinking activities</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Denial</li><li><input type="checkbox"/> Lying &amp; deception</li><li><input type="checkbox"/> Hiding drinking</li><li><input type="checkbox"/> Drinking alone</li><li><input type="checkbox"/> Drinking affects your relationships</li><li><input type="checkbox"/> Drinking affects your work</li><li><input type="checkbox"/> Blackouts</li><li><input type="checkbox"/> Frequent drinking to intoxication</li></ul>



# Financial:

Budget, purchases, credit, bills, savings

<u>Okay</u>	<u>Needs work</u>	<u>Needs help</u>



# Financial:

Budget, purchases, credit, bills, savings

## Okay

- Have savings
- Bills up to date
- No pressure
- Minimal debt
- Have a financial plan
- In sync with spouse

## Needs work

- Minimal savings
- Struggle with bills
- Financial worries
- Uncomfortable debt
- Vague plan
- Needs negotiations

## Needs help

- No savings (need savings?)
- Collection notices
- Major financial stress
- Large debt load
- Financially clueless
- Total disagreement



# Self:

Emotional, physical, mental, self-perception

<u>Okay</u>	<u>Needs work</u>	<u>Needs help</u>



# Self:

Emotional, physical, mental, self-perception

<u>Okay</u>	<u>Needs work</u>	<u>Needs help</u>
<input type="checkbox"/> Happy	<input type="checkbox"/> Don't know	<input type="checkbox"/> Unhappy
<input type="checkbox"/> Feel healthy	<input type="checkbox"/> Have complaints	<input type="checkbox"/> Don't feel good
<input type="checkbox"/> Physically fit	<input type="checkbox"/> Out of shape	<input type="checkbox"/> Feel broken
<input type="checkbox"/> Sleep well	<input type="checkbox"/> Erratic sleep	<input type="checkbox"/> Insomnia
<input type="checkbox"/> Good appetite	<input type="checkbox"/> Erratic eating	<input type="checkbox"/> No appetite
<input type="checkbox"/> Energetic	<input type="checkbox"/> Kind of tired	<input type="checkbox"/> No energy
<input type="checkbox"/> Good mood	<input type="checkbox"/> Moody	<input type="checkbox"/> Depressed/irritable
<input type="checkbox"/> Even tempered	<input type="checkbox"/> Grouchy	<input type="checkbox"/> Angry
<input type="checkbox"/> Have fun	<input type="checkbox"/> Indifferent	<input type="checkbox"/> Nothing fun anymore



# Spiritual:

Creativity, order, connection

<u>Okay</u>	<u>Needs work</u>	<u>Needs help</u>



# Spiritual:

## Creativity, order, connection

<u>Okay</u>	<u>Needs work</u>	<u>Needs help</u>
<input type="checkbox"/> Enjoy worship	<input type="checkbox"/> Something missing	<input type="checkbox"/> Unhappy w/ worship
<input type="checkbox"/> Happy with fellowship	<input type="checkbox"/> Desire others w/ like beliefs	<input type="checkbox"/> Alone and wandering aimlessly
<input type="checkbox"/> Happy with spiritual expression	<input type="checkbox"/> Want more, get closer to God	<input type="checkbox"/> Spiritually empty
<input type="checkbox"/> Able to give and receive love	<input type="checkbox"/> Don't know how to respond to or give expressions of love	<input type="checkbox"/> Don't care about others
<input type="checkbox"/> Appreciate beauty/awe	<input type="checkbox"/> Need self-expression	<input type="checkbox"/> Nothing seems important
<input type="checkbox"/> Creative	<input type="checkbox"/> Struggling to understand others/express self	<input type="checkbox"/> Groundhog day
<input type="checkbox"/> Understand others, and express myself	<input type="checkbox"/> Not sure where I fit	<input type="checkbox"/> Out of touch
<input type="checkbox"/> Comfortable with my place in world		<input type="checkbox"/> Loss of purpose



# Summary

Okay

Needs work

Needs help

	Okay	Needs work	Needs help
<b>Relationships</b>	Communication, enjoy	Tension	Constant fighting
<b>Work/Unit</b>	Supportive	Benign	Antagonistic
<b>Public Behavior</b>	Calm, patient	Aggressive, irritable	Hostile, risky
<b>Substances</b>	Not an issue	Could be an issue	Is an issue
<b>Financial</b>	No pressure	Financial worries	Financial trouble
<b>Self</b>	Feeling okay	Don't know	Feel broken
<b>Spiritual</b>	Connected, peaceful	Something missing	Empty, aimless



# Need a little work

- Tools
  - Breathing
  - Meditation
  - Journaling
  - Expressive writing
  - Tools for specific arenas
  - Books



# Need a little work

- Slowing down
  - Breathing
    - ✓ Simplest – consciously slow down your breathing, make it deeper
    - ✓ Methodical Deep Breathing –full exhale/inhale, hold, relax, release, repeat (no more than 3)
  - Meditation
    - ✓ Listening – Close eyes, breath deeply, let daily troubles fade, focus on the sounds around you
    - ✓ Centering – do above, then imagine descending down into yourself, look for peace and silence, letting negative thoughts fade away



# Need a little work

- Recording your story
  - Journaling
    - ✓ Writing about your experiences is very healing, and records your personal and family history
  - Expressive Writing
    - ✓ Writing with the intent to come to terms with the emotions and all the parts of the memories of an event has proven to be very helpful for long-term mental health
    - ✓ *Writing to Heal*, by James Pennebaker



# Relationships Tools

- Marriage Enrichment Retreats
  - CREDO, Marriage Encounter, etc
- Personal Growth Retreats – CREDO
- Relationship Seminars
- Time away together
- Date nights
- Family trips
- Marriage & Family Therapist for Marital “checkup”, or Family “checkup”



# Work/Unit Tools

- Talk to your supervisor
- Leadership training
- Seek self-improvement courses
- Stress management seminar, Anger management seminar
- Career counselor
- First Sgt or Sgt Maj
- Request Mast



# Public Behavior Tools

- Anger management
- Motorcycle or driver improvement course
- Get involved in sports or clubs or hobbies
- Volunteer your time – get involved



# Substance Use Tools

- Get honest with yourself
  - Trial of sobriety
- Stop, or Cut down
- SACO, DAPA
- Treatment program, SARP
- AA
- Al Anon



# Financial Tools

- NMCRS Budget counseling (also Credit Unions)
- Financial Management seminar
- Begin disciplined savings – even small
  - First for emergency fund, then savings
- Couples Communication seminar
- Career planning for future goals



# Self Tools

- Personal Growth Retreat – CREDO
- Get a physical check-up
- Begin exercise program
  - Get a personal trainer, or join a class or group
- Improve sleep schedule
- Eat healthier
- Keep a journal
- Talk to a friend



# Spiritual Tools

- Look for a church or fellowship that fits you
- Read your sacred texts
- Pray, meditate
- Get involved in music, arts
- Go camping
- Get involved in caring for others
- Take a public speaking course – Toastmasters
- Find a spiritual director, talk to a chaplain
- Go on a spiritual retreat



# Roles in Life

## Tools

- Re-evaluate your priorities for optional roles
- Go with your strengths, or growing edges
- Take a break from one
- Do what you enjoy
- Take a parenting course or seminar



# Need a little work

- Books
  - *The Anxiety and Phobia Workbook*, Edmund J. Bourne Ph.D.
  - *While They're At War: The True Story of American Families on the Homefront*, by Kristen Henderson
  - *The PTSD Workbook* by Mary Beth Williams
  - *Feeling Good: The New Mood Therapy*, by David Burns
  - *On Killing*, by LTC(ret) Dave Grossman
  - *Achilles in Vietnam* and *Odysseus in America*, both written by Jonathon Shay
  - *Writing to Heal*, James Pennebaker



# Where To Get Help if You Need It

- Corpsman
- Chaplain
- Medical officer
- Marine & Family Services counselor
- Military medical clinics or hospitals
- Mental health professions (e.g., OSCAR teams)
- Military OneSource: [www.militaryonesource.com](http://www.militaryonesource.com)
- VA Vet Centers
- TRICARE: [www.tricare.osd.mil](http://www.tricare.osd.mil)
- Local resources: