

# Resilient Transitions

Facilitator Name, email address, telephone number



# If I ignore it, will it go away?

- Transition is change
- Change creates stress
- Stress impacts feelings, thoughts, and actions
- Actions determine the success of transition



# Okay, so what is this “stress” thing ?

- The process by which we respond to challenges to the body, mind, or spirit
  - *Navy Center for Combat Operational Stress Control*
- The non-specific response of the body to demands placed on it
  - *Hans Selye*



# What am I supposed to do about it?

- Keep it simple
  - Rest, eat well, exercise
  - Maintain a routine
  - Break tasks into small parts
  - Let friends be friends
  - Build breaks into daily routine
  - Acknowledge and accept feelings
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# How do I keep my head in the game?

- It's as easy as  $A + B = C$ 
  - Activating event
  - Beliefs
  - Consequences
    - *Albert Ellis*



# Anything else I can do?

- Predictability
  - Adverse effects less likely when event is predictable
- Controllability
  - Sense of control leads to positive results
- Relationships
  - Strong relationships increase resilience to stress
- Trust
  - Sets positive expectations, decreases stress
- Meaning
  - Provides greater sense of purpose



# What were YOU thinking?

- Family Considerations
  - Expectations
  - Roles, responsibilities, routines
  - Relocation
  - Finances
  - Culture and community support
  - Stress
- Communication is KEY!



# Do I really have to talk about it?

- Military life exposes us to broad spectrum of people and events
- Some experiences may leave a lasting impression that impacts our ability to achieve our goals
- These issues need to be addressed as part of your Individual Transition Plan to ensure a successful transition

# What can the Military Support Center do to help?

- Life Skills Programs
  - Counseling/Support Groups
  - Sexual Assault Prevention and Response (SAPR) Program
  - Financial Education and Counseling
  - Parenting Programs
  - Relocation Assistance
  - Employment/Transition Assistance
  - Deployment/Homecoming Programs
  - Exceptional Family Member (EFM) Program
  - Information and Referral Services
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# Anyone else ?

- Military One Source
- Chaplain
- Base Legal
- Veterans Administration
- Medical Treatment Facilities
- Military Family Network
- National Resource Directory
- Substance Abuse Professionals
- A Mentor?

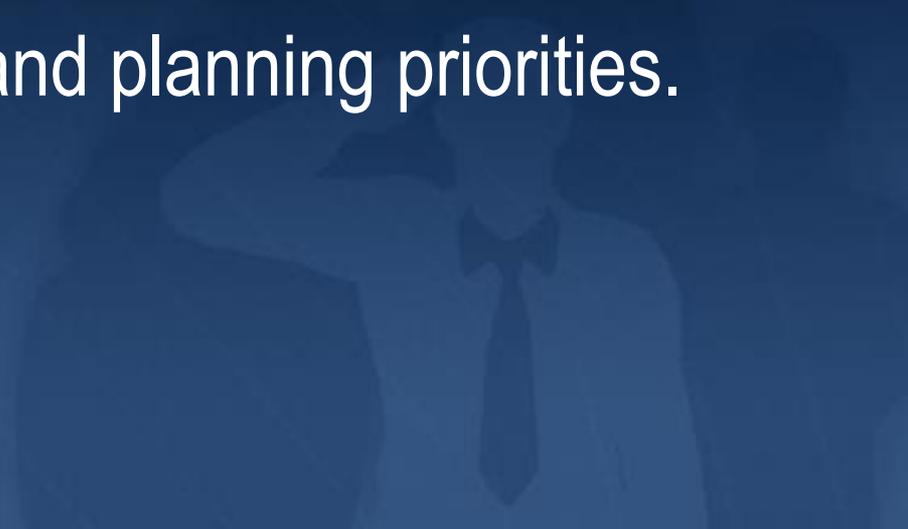


# Value of a Mentor

- Mentorship is nothing new to today's Service member.
- They have connected with someone they can trust for guidance and feedback... to gain advice on preparing for promotions, preparing for deployments, and learning the ropes of a new position or career field.
- Definition: A wise and trusted counselor or teacher or an influential senior sponsor or supporter.

# Value of a Mentor

- Someone to help you and nurture your career.
- Are willing to share ideas, skills, knowledge, and expertise.
- Demonstrates a positive attitude, acts as a role model, and takes a personal interest.
- Can help establish goals and planning priorities.



**When might you need a mentor?**



# Mentor Characteristics

- Willing to share their knowledge.
- Flexible.
- Demonstrate competency in the subject matter.
- Encourage and support personal growth.
- Direct in dealing with situations and people.
- Honest when providing positive and constructive feedback.
- Understands the parameters and requirements of the relationship.

# Okay, let's wrap this up!

- Stress is a normal part of the transition process, manage it or it will manage you
- Your “family” is transitioning and needs to be kept in the loop
- Traumatic events, emotional injuries, and physical injuries are part of the military experience
- There are abundant resources available to support you and your loved ones through the entire process
- Mentors are a valuable addition to your team to help you accomplish a successful transition!

***YOU ARE NOT ALONE!***