

Returning Home from Deployment



Returning home after deployment is exciting, but it can also be stressful. Both the service member and their friends and family may experience an adjustment period. Household routines may have changed, children may respond in unexpected ways, and some may feel out of sync or disconnected from their loved ones. It's important to remember that it will take time to adjust to a 'new normal' and reintegrate military members into the home, work, and community.

The following tips may help during the transition back from deployment:

Be Patient

Be patient with yourself and others. The shift in household routines can lead to frustration. Keep the lines of communication open. If there are children in the home, remember that while they may be excited to have mom or dad home, they may also feel anxious about the changes. The disruption to their routine can be challenging. Set realistic expectations and allow everyone the time they need to adjust and settle in.

Utilize a Support System

Don't hesitate to ask for support. If you or a family member are feeling overwhelmed, reach out to your support network or consider counseling to help manage emotions. Emotions may be running high, and it's important to accept and understand the mixed feelings from your loved ones. Unresolved issues in relationships may also resurface. Take care of yourself physically and emotionally by communicating your needs.

Create a New Normal

Family members will need time to readjust, re-establish routines, and ease back into roles and responsibilities. Be open to new routines, rules, and expectations. It's a good idea to spend some time getting personal affairs in order during the first month back home. Consider scheduling a health assessment, reviewing budgeting and household finances, and updating legal documents post-deployment.

Focus on the Positive

Being flexible and open to change is important. Acknowledge and show appreciation for the roles that family members took on during the deployment. Give everyone time to adjust and encourage open sharing of feelings. Reintegration will take time, so focus on the positives and let everyone share their experiences.

The EAP is here to support USPS military members, veterans, and your families in addressing the challenges accompanying deployment and the obstacles in returning home. Reach out for assistance and resources at 800-327-4968 (800-EAP-4YOU) | TTY: 711 or EAP4YOU.com