Reintegration: How I See It (Slide 1)

- Viewing things through perspectives other than your own is a skill that helps with reintegration

Objectives (Slide 2)

- Compare and contrast feelings commonly experienced during reintegration
- Discuss tips for successful reintegration

Goals of Reintegration (Slide 3)

- Reintegration is the stage of the deployment cycle characterized by a Service member's reentry into civilian life, including reentering the civilian workforce
- Despite overall resilience, difficulty during reintegration is common
- Reintegration can persist from months to years
- Understanding the challenges and talking about the process can help

Seeing Others' Perspectives (Slide 4)

- **Exercise 1**: Perspectives
- **Handout 1**: Reintegration Perspectives

Single and Married Service Members (Slide 6)

- Single Service members may experience
  - Desire to reestablish living situation
  - Changes in relationship with significant other
  - Changes in friends and social life
  - Feeling overlooked
- Married Service members may experience
  - Concerns about how spouse may have changed
  - Concerns about how the children will react
  - Feeling less important to the family

Spouse and Partner Perspectives (Slide 7)

- Possible positive feelings
  - Relief, pride, excitement, appreciation, support, comfort, elation
- Possible negative feelings
  - Role confusion, anxiety, irritability, restlessness, nervousness, resentment, loss of freedom, concern about stability of relationship, apprehension about children's reactions, apprehension about perceptions of returning spouse

Child Perspectives (Slide 9)

- Children may experience the following positive feelings
  - Relief
  - Pride

- Happiness
- Excitement
- Anticipation

- Children may experience the following negative feelings
  - Resentment
  - Hesitation
  - Shyness
  - Clinging behavior
  - Overly talkative
  - Anger
  - Fear
  - Confusion
  - Wonder if Dad or Mom will leave again
  - Worry about how things may change

Coworker Perspectives (Slide 10)

- Coworkers may experience the following positive feelings
  - Happiness
  - Relief due to more help
  - Excitement
  - Anticipation
  - Elation
- Coworkers may experience the following negative feelings
  - Resentment
  - Feeling under appreciated
  - Upset about changes in work roles or personnel
  - Readjustment

Tips for Successful Reintegration (Slide 11)

- Patience is important
- Communication helps manage expectations for reintegration
- A letter of gratitude is one method of expressing appreciation
  - Make it specific about what the person did and how their actions affected you
- Creating a foundation of gratitude and positive feelings may help with successful reintegration
- Activity: Draft a letter of gratitude
- Accept that things are different and work with the changes
- Dedicate time and energy to reestablish your relationships in a positive way
- Avoid the “who had it worse” game because no one wins

Review of Objectives (Slide 12)

- What are some of the similar thoughts and feelings Service members and family members are experiencing about reintegration?
- What are some of the different thoughts and feelings?
- What are some tips to keep in mind during reintegration?