

Reintegration Stress

From the desert to the front porch:

Reintegration sure sounds easy and normal! But experience has shown that “normal” may turn out to be quite stressful. We hope you will find this information helpful for you as you ease into returning to “normal.”

There are certain ways to determine if one is stressed. Signs of reintegration stress include:

- ◆ Physical
- ◆ Behavioral
- ◆ Cognitive (Thinking)
- ◆ Emotional



Physical Signs

- ◆ Upset stomach, nausea
- ◆ Diarrhea or constipation
- ◆ Heart/Respiratory problems – heart pounding, dizzy or lightheaded, out of breath, cold sweat, or dry mouth
- ◆ Headaches, migraines
- ◆ Vague aches and pains
- ◆ Impotence



Behavioral Signs

- ◆ Eating too much or too little
- ◆ Sleeping too much or too little
- ◆ Fatigue, lack of energy
- ◆ Jumpiness, anxiousness
- ◆ Frustration, irritability, anger
- ◆ Bad personal hygiene
- ◆ Crying spells
- ◆ Avoidance of others
- ◆ Increase in alcohol use
- ◆ Disregard for rules, regulations, or social norms

Cognitive Signs

- ◆ Poor concentration
- ◆ Trouble focusing
- ◆ Difficulty making decisions
- ◆ Flashbacks
- ◆ Intrusive thoughts
- ◆ Recurrent nightmares
- ◆ Feeling “spaced out”
- ◆ Memory problems



Emotional Signs

- ◆ Loss of motivation
- ◆ Loss of “purpose” or direction
- ◆ Loss of trust/confidence in leaders
- ◆ Thoughts of hurting self or others
- ◆ Quick to anger
- ◆ Irritability, impatience
- ◆ Depression, sadness
- ◆ Frustration
- ◆ Worried, anxious, keyed up
- ◆ Guilt, shame
- ◆ Numbness (don’t feel anything)

Significant Signs of Stress

In addition to “normal” stress reactions, there are a few signs of stress that need immediate professional attention:

- ◆ Post Traumatic Stress (for those who have been exposed to trauma and having significant challenges dealing with it)
- ◆ Bizarre or unusual behavior
- ◆ Domestic violence
- ◆ Alcohol abuse
- ◆ Suicidal thinking

Solutions

- ◆ Do not dwell on the negative
- ◆ Renew hobbies and interests
- ◆ Communicate, don't clam up
- ◆ View change as positive
- ◆ Allow for space and time
- ◆ Go slow, don't rush
- ◆ Renew or begin exercise
- ◆ Ensure a proper diet
- ◆ Rest
- ◆ Don't spend too much time alone

Other Resources

- ◆ Chain of Command/Supervisors
- ◆ Medical Group
- ◆ Health and Wellness Center Legal
- ◆ Accounting & Finance
- ◆ American Red Cross
- ◆ Family/Friends
- ◆ "Outside" or off-base referrals

Community Resources

If you feel like you are having trouble coping with adjustment, contact one of the agencies listed below.

- ◆ **Mental Health**
Crisis Intervention
Stress Management
Counseling Service
- ◆ **Family Advocacy**
Prevention program
Consultation and Referral
New Parents Support Program
- ◆ **Airman & Family Readiness**
Personal and Worklife Education
Air Force Aid Society/Give Parents A Break
Financial counseling
Military Family Life Consultants
- ◆ **Chapel**
Counseling Sessions
Marriage Enrichment
- ◆ **Youth Center**
Child and Youth Behavioral Military Family Life Consultants

Web Resources

www.deploymentconnections.org
www.militarychild.org
www.hooah4health.com
www.militaryonesource.com

**HQ USAF Caring for People
Airman and Family Services Division
201 12th Street South, Suite 413
Arlington, VA 22202-4306**



**CARING
AIR FORCE
PEOPLE**

Coming Home
**Dealing with
Deployment Stress**
**A Guide for Airmen
Returning From Deployment**

