



Resilient Transitions



Okay, so what is this "stress" thing ?



Symptoms of Stress...

Physical

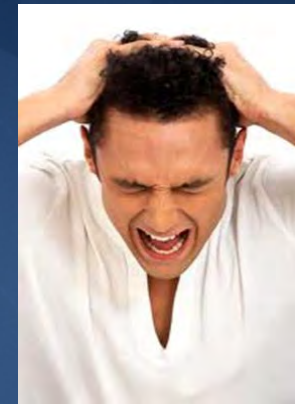
- Muscle Tension
- Increased breathing
- Increased heart rate
- Release of "stress hormones (adrenaline)
- Headaches
- Indigestions and/or heartburn

Cognitive

- Poor problem solving
- Poor attention/decisions
- Poor concentration/memory
- Negative self talk
 - "Why me"
 - "I can't take this"
 - "Really"

Emotional

- Anxious
- Angry
- Overwhelmed
- Afraid
- Uncertain
- Isolated



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



If I ignore it, will it go away?

Focus on Stress Management

- Transition is characterized by feelings, thoughts, and actions
- Change creates stress
- Actions determine the success of transition

Anything else I can do?

The Principles of Resilience

- Predictability
 - Adverse effects less likely when event is predictable
 - Education, mentorship, communication
- Controllability
 - Sense of control leads to positive results
 - Attendance in the classes this week will help develop predictability=increase feeling of control!
- Relationships
 - Strong relationships increase resilience to stress
 - Positive relationship with mentors, career counselors and other professionals
 - TRS has your back!
- Trust
 - Sets positive expectations, decreases stress
 - TRS main objective is to assist YOU with a successful transition to civilian life.
- Meaning
 - Believe what you are doing has meaning
 - Provides greater sense of purpose
 - Means to an end.

When these
are present
stress is
lower!

What were YOU thinking?

- Family include

Communication is KEY!

– Re
+

– Relocation

– Finance and judgment

– Culture and community support

– Stress. Kids/spouse having emotions



Do I really have to talk about it?

- Military life exposes us to broad spectrum of people and events.
 - War?
 - Military community support?
- Some experiences may leave a lasting impression that impacts our ability to achieve our goals.
 - Substance Abuse
 - Physical/Emotional change
- These issues need to be addressed as part of your Individual Transition Plan to ensure a successful transition
 - Organizations offer support after transition

What can the Family Support Center do to help?

- Life Skills Programs
- Counseling
- Support Groups
- Financial Literacy
- Parenting Classes
- Relocation Assistance
- Employment Training
- Deployment/Transition Support
- Exceptional Family Member Program (EFMP)
- Information and Referral Services

Asking for help doesn't mean you're WEAK!

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.
 - Promotion
 - Career change
 - Prepare for deployment
- Definition: A wise and trusted counselor or teacher or an influential senior sponsor or supporter.
- They have connected with someone they can **trust** for guidance and feedback.

Mentor Characteristics

- Willing to provide honest and constructive feedback
- Encourages the mentee to take ownership of the relationship
- Understands the professional requirements of the mentee
- TRS Instructors
 - Advisors
- Family member
 - Friend
- Former teacher

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**.
- **Ongoing relationship!**

When might you need a mentor?



- Transitioning from military
- Searching for employment
- Identifying colleges/universities
 - Starting a new business

**For Additional Help Please Call:
Marine Family life Consultants
843-295-0065
Or
843-295-0068**

*Write the number down, you or someone
in your Command could use it!*