

# You're headed Home



## HOW ARE YOU?

### DEBRIEF

Please reach out and let us know how you are feeling as you plan to head back home. Talking through the things you've experienced with someone who understands with is key to a smooth transition.

### DECOMPRESS

Develop a plan to practice self-care daily. Reading, movies, games, exercise, meditation & journaling are all useful tools. Choose what's best for you. Understand that you'll need time to fully re-integrate. If you're feeling pressure from yourself or others, please reach out and talk to someone for support.

### GET SUPPORT

Share with family, friends and coworkers how you are doing. Remember that support comes from many places: be open to contacting a mental health care provider, clergy, chaplain, or clinician as needed.

### BE PATIENT & FLEXIBLE

Plan activities to help reconnect with your family upon your return. Expect to create a "new normal" as you adapt and adjust to being back home. Patience, time and effort will help you as you navigate through your transition home.



**10-33 Foundation**

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