



- ★ COMMUNITY
- ★ GUIDANCE
- ★ SUPPORT

WORKING ON YOUR MARRIAGE DURING DEPLOYMENT

Although deployment can be difficult, some spouses have said that their marriages became stronger during the time apart. The separation allowed them to reflect on how much they loved one another. Removed from the day-to-day marital existence, or exposed to life-changing experiences, they realized what mattered. Many shared their thoughts in ways they wouldn't have if they were under the same roof.

Yet marriages typically feel the greatest stress during long absences, so it's important to have a full life and take care of yourself if you're the one staying home.

Finding New Activities

Ask yourself, what do I wish I could do that I'm not doing?

 Put a check next to the answers that fit:

- Pursue a hobby
- Volunteer for a cause I'm passionate about, or at my child's school or my place of worship
- Exercise more
- Learn a new skill like Excel or photography
- Continue my education through adult ed, online, at a community college, or in a vocational training program
- Tackle a household or work project
- Make more friends
- Get involved in my community
- Join a book club, neighborhood association, or professional group

What else can you think of that will make the time go as quickly as possible?

Write down two things you are doing or will do to stay close and connected to your spouse during this time:

1. _____
2. _____

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Managing Stress

Reducing your stress can help you be a happier, better spouse, parent, coworker, and friend.

 Put a check next to the possibilities that you have tried or might try:

- Exercise
- Meditation
- Yoga
- Getting a healthy amount of sleep
- Eating well
- Taking time for yourself
- Surrounding yourself with positive people
- Writing your feelings in a journal (to share or not to share)
- Staying busy
- Joining an in-person or online support group
- Seeing a mental-health professional
- Laughing more often



Are there other stress busters that work for you?

Ask two friends what they do to relieve stress and write down their answers:

Would either of these work for you? Tell why or why not.
