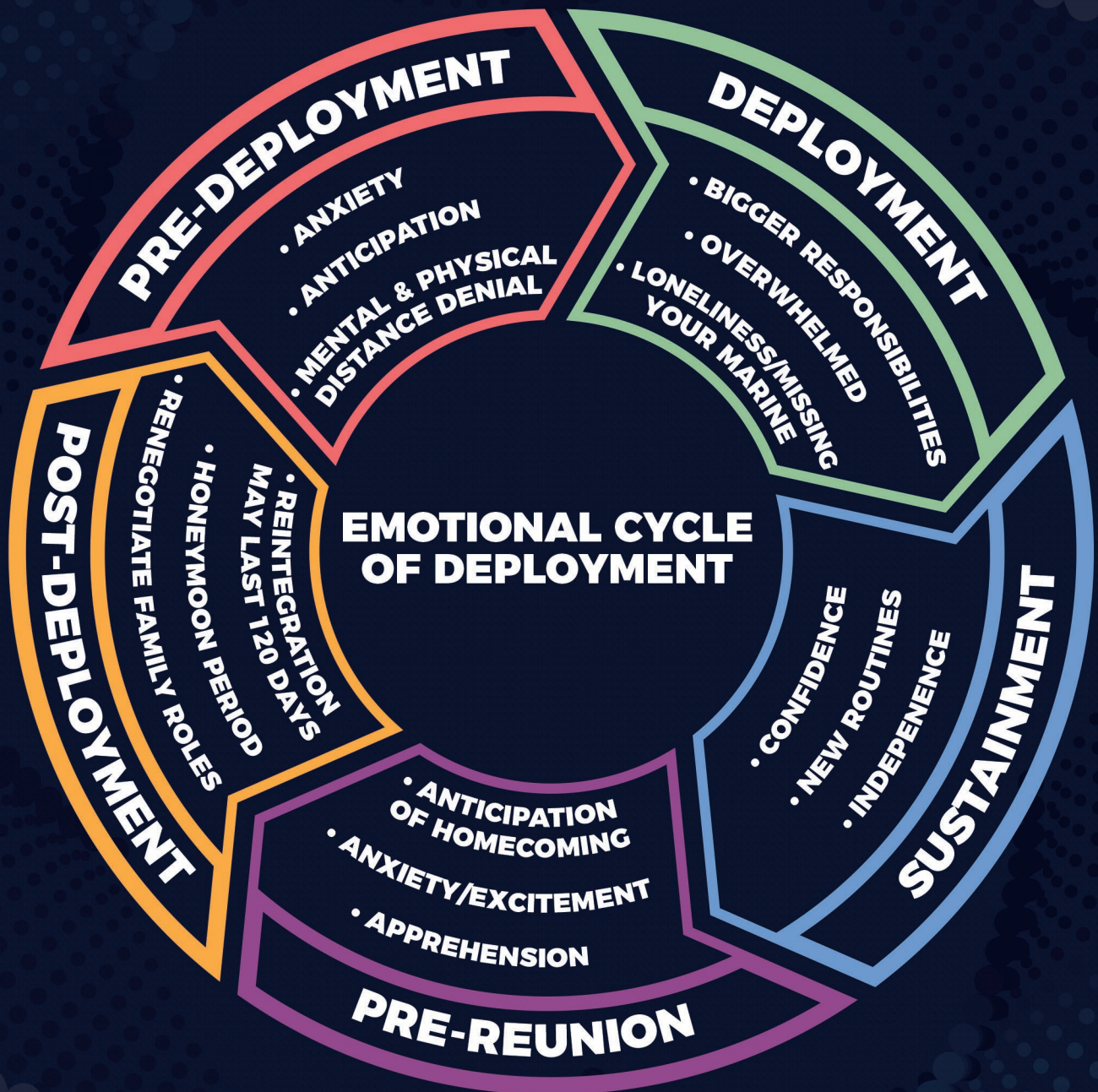


THE EMOTIONAL CYCLE OF DEPLOYMENT



Deployments are generally an emotional experience for those left behind. Understanding the different stages of emotions and that those feelings are normal can make it easier for everyone involved. All military families will face different sets of challenges during deployments. Likewise, each member of a military family will experience different reactions throughout a deployment. No matter what phase of the deployment cycle you or your family are in, you are not alone.



Contact your local Readiness and Support Training Program for assistance in navigating deployments