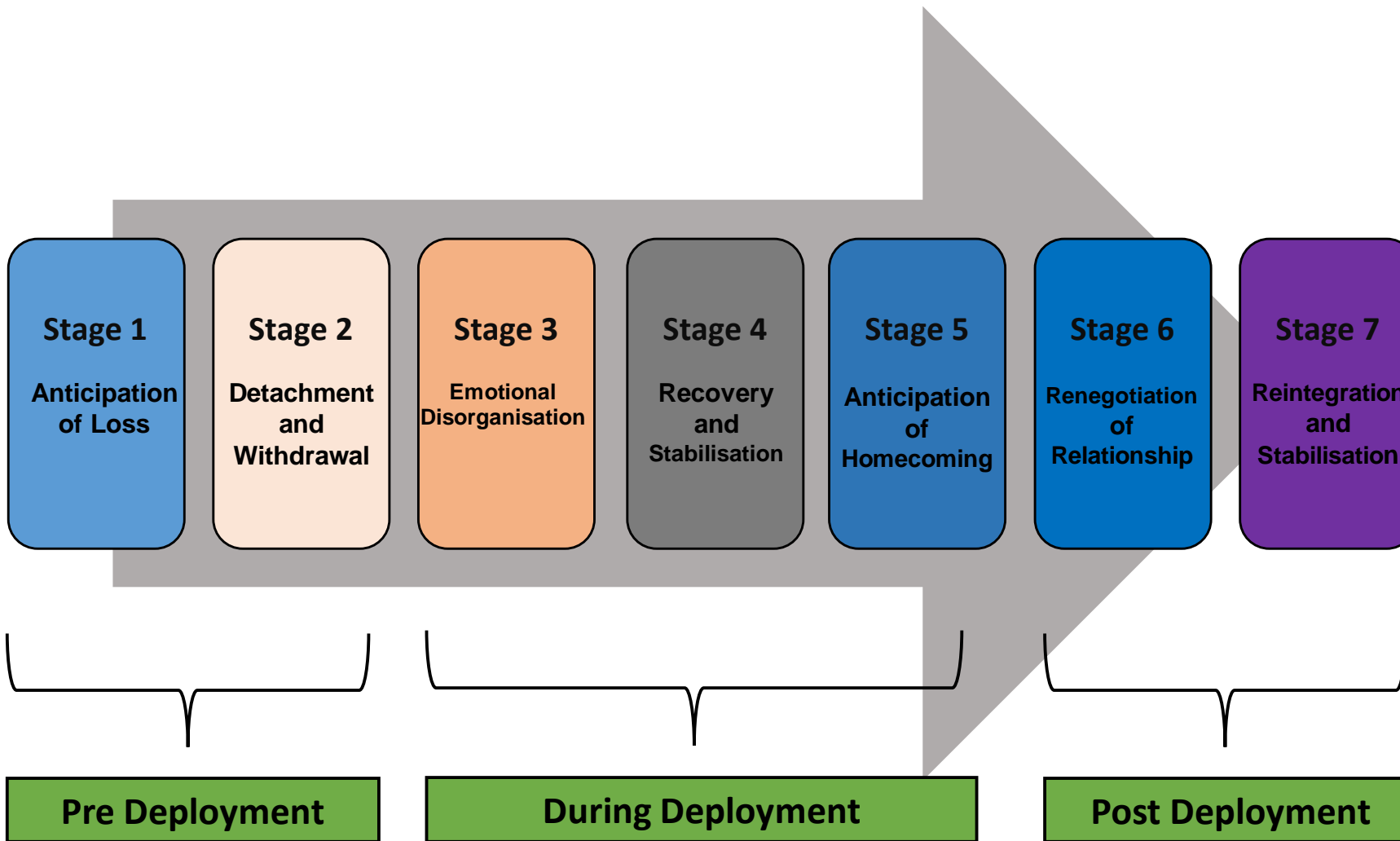




# HEADQUARTERS JOINT FORCES NZ



SERVICE

HONOUR

SACRIFICE

TRADITION

DISCIPLINE

## **Pre-deployment –**

This first phase involves the lead up to the deployment date and can begin as early as 6 weeks before the expected deployment date. It can be characterised by worry and potentially some anxiety about what will happen over the next 6/12 months.

It's really necessary during this phase that you **engage** in plenty **of planning and communication**. There are two stages:

**Anticipation of loss** – this relates to the realisation that you as a deploying person are going to miss something (it could be a loved one, occasion, or even a commodity or privilege)

**Detachment and withdrawal** – this relates to behaviours that may distance you from loved ones, like fights, or silence. It's kind of like a protection mechanism that helps to prepare you for leaving, but it can be unhelpful. The key here is while it is really normal to have smaller arguments, that we actively work towards connection with our loved ones. Create the time to plan and communicate about the deployment, create time to spend with each other that provides you with a sense of connection. For example family picnic or day trip, date nights/day-dates.

## **During Deployment –**

During deployment is characterised by three stages that often involve a variety of ups and downs. During this phase we urge you to utilise some of the resilience strategies that we are going to talk about and draw on the support networks around you.

**Emotional disorganisation** – This occurs usually in the first couple of weeks, and the stage you experience when you are learning your new environment. Some people can experience this as feeling overwhelmed, overworked, or fatigued. Or you may just feel more tired and lethargic (or conversely more wired) than normal.

**Recovery and stabilisation** – This is the time when you get into your groove, and the deployment starts to feel routine and 'more normal'.

**Anticipation of home coming** - About 4-6 weeks before the end of the deployment this phase can kick in, this is where we mentally prepare for coming home. It may include joy or excitement about homecoming, however it may also include some worry and concern about what the reintegration process would be like.

## **Post Deployment –**

The last phase focuses on reintegration, getting the family back on track, and can last for several weeks. During this phase you will complete your this phase during your RTNZ psych interviews.

6. Renegotiation of the relationship- During this phase you are re-establishing routines at work and home and reconnecting with others.

7. Stabilisation and reintegration- During this phase everything will seem "back to normal" and you should feel reintegrated.