

**Webinar:** March 1, 2016, 1:00 p.m. EST

# Transitioning to Civilian Life

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# Objectives

## » Participants will learn:

- Common struggles that people have in separating from the military and entering civilian life
- Helpful tips for managing the stress of change
- Guidelines for a smoother transition from military to civilian life

# Change is a part of life

- » Change and transition are a normal and natural part of life.
- » Change happens every day to every one of us.
- » Many people are uncomfortable with change.

# Change in military life

- » Transition from military to civilian life can seem daunting.
- » For many people, it's a confusing time.
- » Feelings like anxiety, frustration, fear and loss are normal.

# Transitioning to civilian life

- » Separating from the military can be especially stressful if:
  - It is not in a person's immediate plans.
  - The separation is involuntary.
  - There is a short separation window.

# Transitioning to civilian careers

- » The prospect of entering the job market after many years in the military can be overwhelming or scary.
- » Searching for a job may seem completely foreign.



# Transitioning to civilian careers (cont.)

- » You are a highly-trained and skilled professional who has much to offer.
- » The range of employment and career opportunities and resources is wide.
- » You're not alone.
- » Focus on the positive aspects of the change, and your life as a whole.
- » Most transitions bring positive change.



# Tips for coping with change

- » Take inventory of your personal values, mission and goals.
- » Make a realistic plan to achieve your goals.
- » Be flexible and open to exploring new roles.
- » Don't wait – act now!
- » Plan ahead and tackle one task at a time.
- » Care for yourself and communicate with your spouse and family along the way.



# Preseparation checklist

- » Research and pursue key certifications.
- » Translate military skills/acronyms into civilian terms.
- » Begin to explore all employment options.

# What to expect during transition

- » Positive change always involves the loss of what used to be.
- » Even positive change can be stressful.
- » Counter stress and isolation by reaching out to supportive others.

# Become a change optimist!

- » Reframe change in positive terms.
- » Keep the focus on all that you still have.
- » Focus on the present rather than the past.

# Easing the stress of change

- » Relaxation and other stress reduction can help.
- » Focus on what's important and on what you can control.
- » Do something for someone else.

# Conclusion

- » Change doesn't have to be catastrophic.
- » Changing jobs or careers typically have positive outcomes.
- » You have what it takes to successfully navigate any change.

Questions?

# Resources

- » Chaplain and local clergy
- » Military OneSource: 800-342-9647
- » TRICARE: <http://www.tricare.mil>
- » Behavioral health services



# References

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