



Returning to Work After Deployment

Transitioning home from a deployment is an exciting time that can open the door to new experiences. However, it may also present challenges for service members, families, and coworkers. Returning to work after deployment often involves a period of adjustment. You may experience anxiety about re-entering the workplace, discover that things have changed while you were away, need to learn new skills or take on a different role.

The following tips can help ensure a more successful return to work:

- **Communicate with Leaders:** Stay in touch with your manager or HR department during your return. Discuss any changes that occurred during your absence and any updates regarding your role.
 - **Seek Support:** Utilize the EAP to address both practical and emotional needs during your transition.
 - **Be Patient:** Understand that it's normal to feel a range of emotions during this adjustment period, including excitement, anxiety, or frustration. Allow yourself and others time to adapt.
 - **Establish a Routine:** A structured daily routine can help restore a sense of normalcy and control. This routine may include regular work hours, set meal times, exercise, and relaxation periods.
 - **Connect with Colleagues:** Rebuilding relationships with coworkers can ease your reintegration into the workplace culture. Consider scheduling informal meetings or lunches to catch up and reconnect.
 - **Set Realistic Expectations:** Don't place too much pressure on yourself to perform at the same level you did before deployment. Set achievable goals and milestones to work toward.
 - **Manage Stress:** Returning to work may introduce new stressors. Combat stress by practicing techniques like deep breathing, exercise, or speaking with a counselor.
 - **Celebrate Milestones:** Recognize and celebrate both big and small achievements as you readjust to civilian work life. This action can help boost your confidence and morale.
 - **Focus on the Positive:** Show appreciation to your support network for their role during deployment.
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The EAP is here to support USPS military members, veterans, and your families in addressing the challenges accompanying deployment and the obstacles in returning to work. Reach out for assistance and resources at 800-327-4968 (800-EAP-4YOU) | TTY: 877-492-7341 or [EAP4YOU.com](https://www.eap4you.com)