

This is What I've Learned

- ✓ Deployment can be rough on everybody in the family, but it doesn't last forever—really!
- ✓ Hanging out with kids whose parents are in the military can help because they know what you're going through.
- ✓ It helps to stay busy and stick to a regular schedule. Doing 5k runs and being in the school play were great and helped to pass the time until Mom got home.
- ✓ It feels good to help other kids.
- ✓ It is taking time to adjust to Mom being home...it's taken longer than I thought it would because everyone has changed a lot. I guess that "new normal" phrase makes sense...we're kind of creating it as we go.



Mariah experienced a lot of ups and downs before, during, and after her mom’s deployment. Sometimes she felt sad and lonely, sometimes proud and excited, and other times angry and resentful. That’s normal.

As difficult as these feelings may be to identify and experience, they are all OK and common for teens whose parents deploy to a war zone. It’s important not to judge your feelings, but to recognize and accept them.

Here is a list of emotions that military teens often experience. Which ones can you relate to?

Bored

Hopeful

Proud

Confused

Hurt

Really down

Depressed

Important

Resentful

Different

Invisible

Strong

Forgotten

Left out

Understood

Frustrated

Lonely

Worried

Guilty

Numb

Others?