



# Junior Officer Advisory Group

## Readiness & Deployment Committee

### Behavioral Health Team

# Practicing Wellness

December 2022

## Deployment, Readiness and Resiliency Tips and Strategies

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For the final article of the year, the Behavioral Health Team felt it would be beneficial to share our personal deployment, readiness, and resiliency tips and strategies. Happy holidays!

- Practice mindfulness regularly.
- Practice self-care and challenge yourself to explore new self-care strategies, such as gratitude journaling.
- Practice time management.
- When possible, prioritize sleep/rest.
- Be comfortable saying no.
- Maintain accountability through reminder alerts on your phone for morning and evening check-in.
- Create a family emergency plan to be activated if necessary.
- Use the Deployment Preparation Plan <https://dcp.psc.gov/ccmis/deploymentpreplan.aspx> provided to us by CCHQ and your PAC liaison.
- When you're rostered to deploy, be sure to make family/child-care and pet-care arrangements, allocate your agency/work tasks to your coworkers if possible, and manage your financial responsibilities ahead of time.
- If you have a PHS Flag, communicate with leadership on how to display to increase visibility and representation when working with several government agencies or partners.
- At the end of deployment, single out and record extra things you packed and didn't use to narrow down your packing for the next deployment.
- Use this time to reset on eating better, exercising, and starting positive habits for self-improvement.
- If you rent a car on deployment, know that rental contracts are normally for one month. If you're deployed longer than that, have a conversation with the rental company at the beginning of your deployment.
- Bring your work laptop with you for every deployment. If not possible, ask your agency IT department for a loaner.
- Bring a challenge coin or several to recognize leadership of an individual officer or team efforts to boost morale and officership.
- Bring at least \$20 worth of quarters for laundry, toll roads, parking meters, etc.
- Bring a small sewing kit, you never know when a button will come loose.
- Keep a record of things you had to buy that were unexpected so you can prepare to pack it next time.
- If you are still working from home, maybe take a walk during your lunch break to refresh your mind.

- Be specific about the emotion you are feeling, identify it, and then discern what approach will fit you best to diminish these feelings.
- Don't be afraid to seek help if you feel your stress level is getting too high.
- Discover more than coping strategy, communicate your needs to family and other people you can trust that are available to help you.
- Find a mentoring support group, if need be, that can validate your feelings, be supportive, and connect with you.
- Cultivate a calm mind-body presence by practicing different forms of yoga, exercise, focused slow-breathing, imagery, and/or reflective writing which have all been proven to lower stress and high blood pressure.
- Stop and have a quiet moment; assess what needs to be done as a priority (1-2 mini-goals per day).
- Set your phone and computer aside and focus on your family.
- Include your kids in dinner meal-prep time.
- Plan a weekly fun activity to have with your family and/or friends.
- Exercise at least 2 ½ to 5 hours a week at moderate intensity per the Physical Activity Guidelines for adults ([www.cdc.gov/physicalactivity/basics/adults.gov](http://www.cdc.gov/physicalactivity/basics/adults.gov)).
- Be sure to secure a government credit card as soon as possible. Preferably before you're rostered for deployment.
- Check the CCMIS dashboard to make sure you are basic ready with vaccinations, certifications, to avoid being removed from promotion lists and deployment rosters.
- Connect to your culture of origin. As officers, we come from a variety of cultural and ethnic backgrounds. Some of us are bicultural or multicultural. Take the time to speak your language of origin, make a dish from your country of origin, listen to music from your country of origin and connect with friends who may still be living in your country of origin. Engaging in cultural activities can be grounding and can help us embrace the multiple aspects of our identity.
- Reach out for support if you are experiencing a crisis. Life crises can happen at any moments. Connect with your supervisor and utilize resources available to Corps officers including Corps Care. When deploying, we want to make sure that our families are taken care of so that we can be our best self while in the field.
- Bring back lessons learned from the field to your everyday work activities. Deployments provide opportunities to acquire knowledge, build strategic relationships and expand upon our skill set. Incorporating our lived deployment experiences can enhance the ways in which we conduct our day-to-day responsibilities.
- Get a financial game plan going with your spouse/partner: Know how to log into financial accounts, pay bills, and manage investments. Know how to create and run a budget.
- Determine an auto game plan during deployment: Update insurance and registration and keep in vehicle. Service your vehicles. Keep a duplicate set of keys. Know where title of vehicle is and store it in safe place.
- Update wills, power of attorney, and special power of attorney
- Update all identification cards as needed.
- Keep all documents in a safe place: marriage certificates, social security cards, birth certificates, etc.

The Behavioral Health Team wants to thank all officers for their service and dedication. Stay resilient and Happy Holidays!