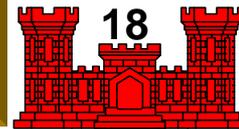




Chaplain's Pre-Deployment Briefing



REAR AREA SUPPORT





REAR DETACHMENT CHAPLAIN



26TH ASG CHAPLAIN'S OFFICE

Primary: Chaplain (LTC) Brett Travis

DSN: 379-6190 / 06202-80-6190

Secondary: Chaplain (COL) Joseph Batluck

DSN: 379-6190 / 06202-80-6190

26TH ASG Emergency Activities Center

Staff Duty Chaplain (off-duty hours)

DSN: 0175/263-8423



CHAPEL CONTACT NUMBERS



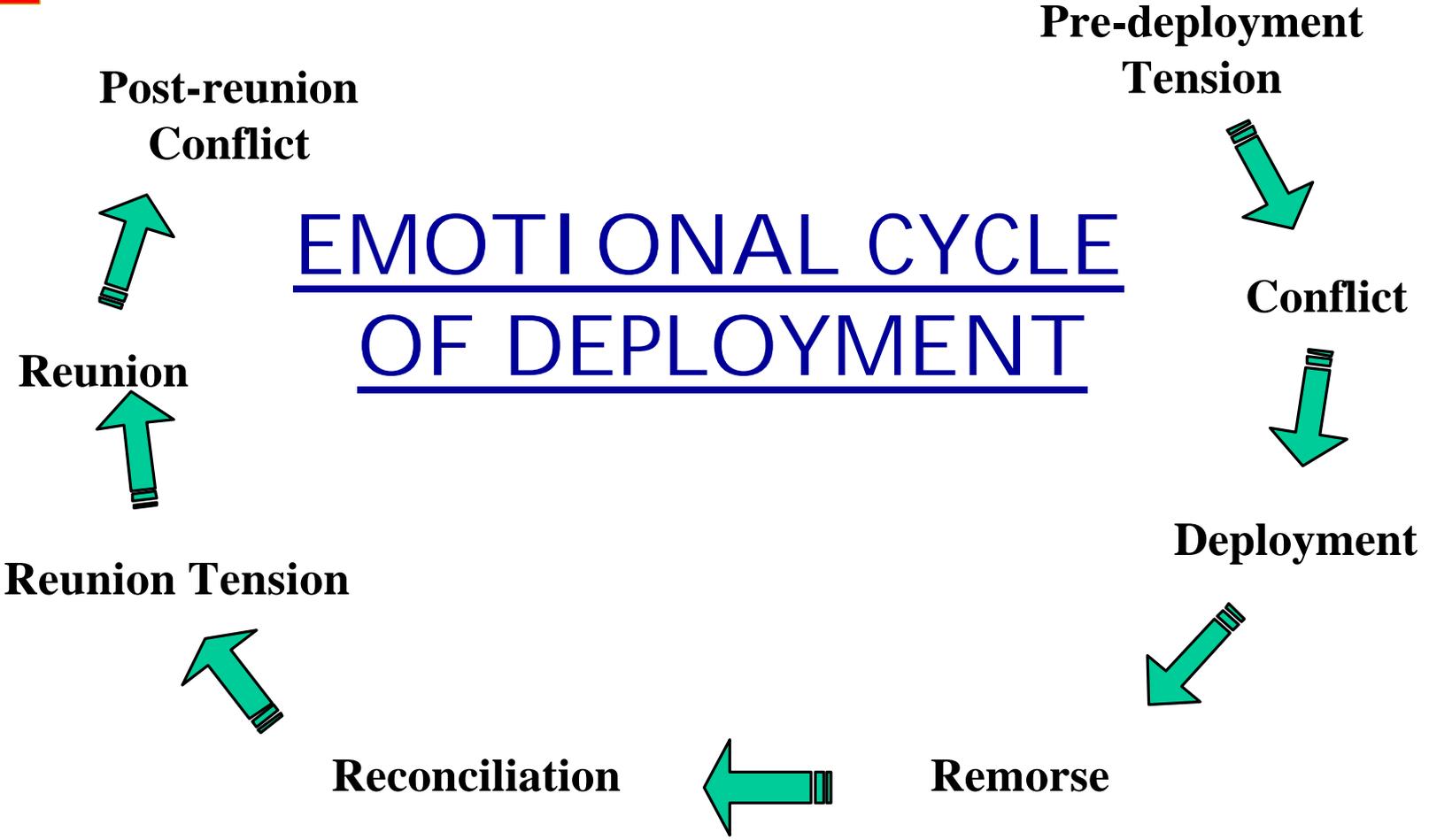
- PHV Chapel – CIV: 06221-388-9406
DSN: 388-9406
- MTV Chapel – CIV: 06221-57-8448
DSN: 370-1570
- BFV Chapel - CIV: 0621-730-9448
DSN: 380-9448
- Coleman Barracks Chapel
CIV: 0621-779-4465/4128
DSN: 382-4465



Day-to-Day Life



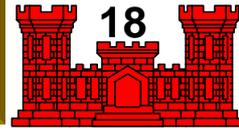
EMOTIONAL CYCLE OF DEPLOYMENT



“Even marriages made in heaven need down-to-earth maintenance work.” --Lloyd Byers



SIGNS OF STRESS



- Change in eating habits or significant weight gain/loss
- Change in sleep habits, either excessive sleep or inability to sleep
- Loss of energy, fatigue
- Complaints of memory loss, inability to concentrate
- Irritability
- Withdrawal from family or friends
- Drastic mood swings



OVERCOMING STRESS



- Maintain yourself
- Manage your schedule
- Monitor your stress
- Maneuver through your stress
- Meet the stress needs of your children



STRESS



Questions?



"Assets make things possible, people make things happen."
Anonymous



CONCLUSION:



With wise, intentional preparation, a caring attitude, and some good old-fashioned determination, you can make it through this deployment separation!

