

# MILITARY ONE SOURCE CONNECTION



Keeping you informed about products and services

1-800-342-9647

## Honoring Military Spouses in May

When you're married to a service member, you take on challenges that your civilian friends seldom face. You learn how to relocate in a snap, adjust to new workplaces and communities, and shoulder all of the household duties when your spouse is deployed. Military OneSource honors and thanks you for your courage, grit, and grace under pressure.

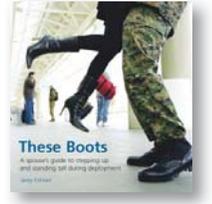
At Military OneSource we make sure military spouses can find up-to-date, expertly prepared information and support—by phone, online, or through our unique CDs, articles, booklets, podcasts, webinars, and moderated chats. Go to [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com) or call 1-800-342-9647 to find out more about the world of resources you're entitled to as a military spouse, at no cost to you.

Here are a few to start with:

- **Healthy Habits Personal Health Coaching** gives you a free, personal coach (no kidding!) by phone or online who can help you get fit, beat stress, and stay healthy.
- **Our monthly *Spouse Employment and Education***

**e-newsletter.** Go to [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com) to subscribe and learn the latest about preparing for a job search and getting the right kind of education for a portable career.

- **Our extensive selection of articles** about parenting, finances, the deployment cycle, relocation, and dealing with stress. Go to [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com) to read them online.
- **CDs and podcasts** about the special concerns of military spouses, like Jacey Eckhart's "These Boots: A Spouse's Guide to Stepping Up and Standing Tall During Deployment" (available as a CD or to download or listen to online).
- **Feeling Good: 100 Ways to Feel Better Every Day**, a gem of a book filled with tips that bring out your best—on fitness, getting a good night's sleep, walking, relaxation, handling overload, and finding support.



## Spouse Career Center (SCC)

Frequent relocations can make consistent employment hard for military spouses. Military OneSource is stepping up to the challenge with the Military OneSource Spouse Career Center (SCC). Our staff of skilled SCC consultants offers personalized guidance on education and career opportunities through a "four-pillar" approach: 1) Career Exploration; 2) Education and Training; 3) Employment Readiness; and 4) Career Connections.

At these pillars, spouses receive expert guidance from the SCC consultants; access to tools like career assessments, interest and skills inventories, and earning-potential metrics; financial-aid options, education and training resources, and credential and licensing information; refining resumes and interview skills; and looking for the right job in the right career.

To connect with consultants at the SCC, call Military OneSource at 1-800-342-9647.

### Some Stats on Military Marriage

According to the 2009 Demographics Profile of the Military Community produced by the Department of Defense:

- 55.8 percent of active duty military members are married
- 70 percent of active duty officers are married
- 53.1 percent of active duty enlisted are married
- Of the 200,888 females on active duty, 46.5 percent are married
- Of the 1,204,263 males on active duty, 57.4 percent are married

# Are You a Deployed Mom?

Do you know a deployed mom? Our groundbreaking CD, “Over There: Stories and Insights from Mothers Who Have Deployed” features the voices of mothers who have been deployed, moderated by Dr. Heidi Squier Kraft, a former Navy psychologist whose twins were babies when she headed a combat-stress platoon in Iraq. You’ll hear:

- What they did to stay close to their children

- How they stayed focused on their mission
- What it was like to return home and be a “mom” again
- How their experiences made them better service members and mothers

To order the free CD, go to [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com) and type “Over There” into the search box. You can also listen to or download the tracks online.

# When Your Spouse Has a Combat Stress Injury

*The following is excerpted from a longer article, **Taking Care of Yourself When Your Spouse Has a Combat Stress Injury**. To read the entire article, go to [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com) and type the title of the article in the search box.*

If you’re living with a combat veteran who’s been diagnosed with PTSD, or who’s showing the symptoms without receiving a diagnosis or treatment, there are many things you can do to reduce caregiver burden and protect your marriage and family. These suggestions from combat stress experts have helped many family members manage the changes in their lives:

- *Learn as much as you can about combat stress and PTSD.* The more you know about its causes, symptoms, treatment, and what you can do to help, the easier it will be for you to handle the impact on your family.
- *Encourage your loved one to get help.* Many combat veterans need encouragement to seek mental health care. Care for PTSD is available through the military health system ([www.health.mil](http://www.health.mil)), the VA health care system ([www.va.gov](http://www.va.gov)), and many community mental health care providers. If you’re not sure where to turn for help, talk to a Military OneSource consultant at 1-800-342-9647.
- *Practice positive communication.* Combat stress often leads couples into negative and hurtful communication patterns. It helps if you talk to your loved one in ways that are clear, to the point, and without blame. And communication works

best when you can share your feelings using statements that begin with “I” rather than “you.” For example, you might say “I feel hurt when you don’t pay attention to what I’m saying” instead of “You never pay attention when I’m talking.”

- *Be a good listener.* It’s important to know how to listen without interrupting or giving advice. You can encourage your loved one to open up by asking questions like “Are you feeling sad?” (or angry, worried, frustrated, etc.). Good listeners repeat what they hear to show they understand and ask questions when they don’t understand.
- *Allow yourself to grieve.* If someone you love is not who he or she once was, you feel it as a loss. You may need to permit yourself to acknowledge your loss and let out your feelings about it in private or with outside support from friends, family, clergy, or a counselor.
- *Stay involved with family and friends.* Sometimes families coping with combat stress try to give the appearance that everything is fine, and they keep friends and relatives in the dark about what they’re coping with. But it’s important for your well-being to have a support system. Make an effort to open up to people you trust, who will listen without judgment and protect your family’s privacy.
- *Consider counseling or a support group.* If you find that these strategies are not enough to ease the stress in your life, individual counseling or a support group may give you the reassurance and coping skills you need. Couples counseling with your combat veteran can also be helpful. You may be able to get this support where your loved one is receiving treatment for PTSD. Or you can call Military OneSource at 1-800-342-9647 and get a referral for the option that works best for you.

## Military OneSource

By phone, online, and face-to-face

You name it. We can help—24/7!

1-800-342-9647

**Overseas:** xx-800-3429-6477 (Country access codes can be found online)

**Collect from Overseas:** 484-530-5908 (Dial an international operator first)

**En español llame al:** 1-877-888-0727

## About Military OneSource

This free 24-hour service from the Department of Defense is available to all active duty, Guard, and Reserve members and their families. Consultants provide information and make referrals on a wide range of issues. Free face-to-face counseling in the local community (up to twelve sessions per issue) is also available to service members and family members. To reach the program call 1-800-342-9647 or access the website at [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com).