

## Remembering Myself While Keeping A Focus

Supporting military families during times of stress is difficult and worrisome. It is easy to forget that you affect families, and at the same time, families affect you. Being aware of your own thoughts and emotions can help you to be more purposeful and effective in your connections with families. Read through, think about, and respond to the questions below:

What are your thoughts and feelings about military life? What is your view on war? Deployment? How might these thoughts and feelings impact your relationships with military families?

Have you had personal experiences with trauma, grief or loss? How might your experiences shape your understanding and expectations of families?

Do you believe the children in your program can experience sadness, loss and grief?

Do you think that experiences of deployment are expected for military families? Do you believe experiences of trauma and loss affect children, youth, and families? Or, are all children, youth, and families resilient and bounce back from life's experiences?