



From Battlefield to Home: Adapting the Battlemind

To deal with the stress of combat, you must be mentally strong. This is called “Battlemind”. It helps you stay safe and survive your time in combat. Now that you are home, “Battlemind” behaviors aren’t needed anymore. It will take time to let go of this mindset.

“**Battlemind**” allows a soldier to face fear and danger with courage. The key parts of “Battlemind” include: **Self Confidence:** Taking calculated risks and dealing with challenges; **and Mental Toughness:** overcoming obstacles or setbacks and maintaining positive thoughts.

When in combat there were certain thoughts that kept you safe. Now that you are home you must learn to adapt your way of thinking. This table will help you transition from war to home.

When you were in combat...

Now that you are home...

Sticking close together resulted in strong bonds with fellow soldiers.	➤	Try to re-establish bonds with family and friends, and know that it will take time for relationships to return to how they used to be.
The enemy was the target.	➤	There are no enemies. Remember that you are no longer in a combat situation.
Staying safe required being alert and paying attention.	➤	It takes time to learn to relax. Find a favorite hobby, or take up a new one.
It was dangerous to be unarmed.	➤	It’s not always necessary to carry a weapon.
Emotional control was necessary.	➤	Hiding your emotions can cause stress in your relationships. Be as open as you can with those you trust.
Aggressive driving was needed to avoid danger.	➤	Drive safely and follow the laws. Aggressive driving is unsafe for you and others.
Giving and following orders involved a clear chain of command.	➤	Treat your loved ones as equal members of your support team.
You may have used alcohol as a way to cope with your deployment.	➤	Learn to relax without alcohol. Using alcohol to cope is not healthy.

Tips for Readjusting to Life After Deployment

- **Be patient.** Your deployment was hard for you and your loved ones. You and your family need time to “get back to normal.”
- **Share what you are going through.** Talk with friends, family, and fellow soldiers. This relieves stress and helps you see that you are not alone.
- **Do something positive.** Get involved in activities. You could go to church or do volunteer work.
- **Take care of your health.** Eat healthy foods, get plenty of rest, and exercise. Avoid drinking too much alcohol and/or using drugs.

Seeking Help

Seek help if your behavior is causing problems in your daily life. This can include problems at home, work, and church. Problems with family, friends, and/or co-workers may signal a serious problem. The sooner you get help, the easier your return to a “regular” life will be.



REMEMBER...

Now you are at home and among friends and family. Battlemind behaviors aren't needed anymore. It will take time for you and your family to “get back to normal.” Be patient and share what you are going through. If you are having problems adjusting, contact your local health provider. The sooner you get help, the easier your return to a “regular” life will be.

