



THE MISSION: A REALITY



Deployment
Journal

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What is a deployment?

"A military deployment signifies the temporary assignment of military personnel to unaccompanied tours of duty either foreign or domestic."

Deployment Cycles

At times you may feel as if you are on an emotional roller coaster. That's exactly what you can expect!

The stages of the deployment cycle are:

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Pre-deployment

The announcement that your parent is leaving
One to six weeks prior to your parent's departure.

You may go through a wide range of emotions such as:

- contradiction
- unstable mood states
- fear that something will happen
- anger
- intense stress
- resentment
- excitement
- curiosity
- sadness
- nervousness
- pride

Rest assured, what you are feeling is normal.

Here is some advice

- Don't keep everything for yourself, talk to your parents, a friend, or someone you trust.
- Congratulate yourself when you express yourself, sometimes it isn't always easy.
- You are going through tough times because your parent is gone, don't hesitate to talk.
- Try to spend more time with your family.
- This is a great opportunity for you to become more independent and responsible.



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- Along with your parents, look at the different ways of communicating such as the Internet (e mail), regular mail, and telephone. This activity would be a great opportunity for you to share your fears, anguish, and preoccupations. If your parent who is leaving does not have an e-mail address, this would be a great opportunity to show him or her how to get one, how to use it, and how it works.
- Set realistic goals for yourself: a diary, get good grades, join a competitive sports team.

Be informed on your deployed parent's mission.

- Know what the climate is like where your parent is deployed,
- what the population is,
- and what kind of food they eat.

It's a new start!
Don't quit!



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A few days before your parent's departure

At this stage you might feel

- discouragement
 - anger
 - confusion
 - mixed feelings
 - hopelessness
 - sadness
 - ambivalence
 - Tension at home
- Arguments might happen among family members.
 - This stage might be difficult for some and easy for others.
 - You might even be excited that your parent is leaving in order to get to the next stage!

Here is some advice

- The way you feel is a normal reaction to a difficult situation.
- Don't be shy, try to talk openly about what you are feeling, what you are going through is important, don't forget that!
- Tell yourself that other people in your family might be feeling the same way you are (don't shut the door on them, they might prove to be a truly good help).
- Try to see your parent's deployment as a challenge or an opportunity for personal growth, not a loss!

You're not the only one
going through this so don't be
afraid to talk about it!



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During the deployment

You are very confused
During the first six weeks

During the deployment, you might go through :

- abandonment
- boredom
- anger
- incomprehension from your friends
- fear that something might happen to your parent
- get closer to your friends and family
- loss of interest in life (school, friends, or sports)
- change in your responsibilities and habits
- the desire to be alone
- pride
- stress

Once again, rest assured, these feelings are normal !

Here is some advice

- In order not to forget, you can write down everything you wish to discuss with your parent.
- Try to keep your parent informed about everything that is going on in your life.
- You can also go to a youth club or participate in activities organized by your MFRC's deployment sector.

You can write
in a daily log



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Don't hesitate to accept invitations, you're still allowed to have fun!

- You can speak to a friend that has gone through the same things as you.
- Relax and unwind as you practice a sport. Above all, find an activity that you will be passionate about. You'll get the feeling that time goes by faster.
- Try to be patient, methods of communication are limited and the time difference may greatly affect the time in which your parent phones you.
- There's a possibility that reporters might ask you questions concerning your parent's deployment. Before you answer, speak to you parent. You have the right not to answer the questions.



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It has been almost two months

This period lasts a variable amount of time

During this period, you might feel :

- hope
- confidence
- tranquility
- boredom
- joy
- the stress is less intense
- pride
- anger
- solitude

Keep going everything will be just fine!

Here is some advice

- Take advantage of your moments of freedom and have fun.
- Create a report to state everything you have accomplished.
- You can confide in trusted peers, you can also tell your parent that you can't wait for his or her homecoming.
- Help your parent at home, do your part around the house!
- Keep on track with the goals you have set for yourself.

Do not get involved in things
that do not concern you!

Don't forget that you do not
have to play the parent's role
when one of them is deployed!



This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, stylized illustration of a yellow pencil with a pink eraser and a sharpened lead tip. The pencil is oriented diagonally, pointing towards the bottom left. The overall appearance is that of a clean, unused piece of stationery or a notebook page.

The count down has begun!

One to six weeks prior to your parent's arrival.

You may go through:

- great expectations
- excitement
- fear that your parent has changed
- anxiety
- questions about changes that occurred in the past few months
- eagerness about the things that you have accomplished in the past few months

Here is some advice

- Once again, you can tell your parent how you feel.
- Don't be shy to talk about you feelings, because if you don't, others around you will not be able to guess what is wrong with you.
- Discuss about how you will celebrate the return!
- In order to celebrate your parent's return, and to get your mind off things, you can organize a party or family reunion.
- Make sure you have all the necessary information about your parent's return: the date, the time, and the place.
- Do not pay attention to rumours, in order not to create false hopes or frustrations.



Take advantage of time
spent with your family!

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After the deployment

The first six weeks after the return

During this last stage, you might go through :

- discomfort
- an amusing period
- happiness
- a change of responsibility
- satisfaction

Here is some advice

- Try to be more patient with yourself and your parents.
- You may review with your parents some of the tasks that you were assigned and how you would like to accomplish them differently.
- You can take the time to show you parent what you have accomplished during the deployment and don't forget to tell him or her how much he or she was missed.
- Inform your parent about the changes that occurred in your life during the deployment.
- Look around you to see with whom you can share what you are feeling.



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Continue to participate in activities that you had begun during the deployment.

Do not hesitate to seek help if you need to speak with someone (See the appendix for resources).

Speak with a friend that has lived through the same thing.

Even at this stage, keep in mind
that you have the right to be heard!

Good
luck!



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Glossary of emotions¹

Ambivalence : Is a state of having emotions of both positive and negative valence or of having thoughts or actions in contradiction with each other, when they are related to the same object, idea, or person.

Anger : Is an emotion that subjectively experienced as an aroused state of antagonism toward someone or something perceived to be the source of an aversive event.

Confusion : The feeling that you no longer know how you feel because your emotions are confused.

Contradictory feeling : Feelings that are opposite from one another.

Excitement : Is an elevation in energy level above an arbitrary baseline energy state.
In physics there is a specific technical definition for energy level.

Fear : Is an emotional response to tangible and realistic dangers.
Fear should be distinguished from anxiety, an emotion that often arises out of proportion to the actual threat or danger involved, and can be subjectively experienced without any specific attention to the threatening object.

Frustration : Is an emotion that occurs in situations where one is blocked from reaching a personal goal.

Guilt : Is a cognitive or an emotional experience that occurs when a person realizes or believes- whether justified or not - that he or she has violated a moral standard and is responsible for that violation.

Nervousness : Feeling of stress, excitement, turbulence, and agitation.

Resentment : An emotion of anger felt as a result of a real or imagined wrong done.

Solitude : Is a state of seclusion or isolation, i.e. lack of contact with other people.

¹ <http://en.wikipedia.org>

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Resources Appendix

Name of the organization	Internet Site	Phone number
Bagotville MFRC	www.crfmbagotville.com	1 418 677-7468
CF Connecting Youth	http://www.connectingcfyouth.ca/fr/index.asp	
Deployment Support Group	www.gsdl.ca	1 877 844-5607
Help line for members of the military and their families	www.dnd.ca/health/services	1 800 268-7708
Kids Help Phone	www.kidshelpphone.ca	1 800 668-6868
Mission Information line	www.CFPSA.ca	1 800 866-4546
Tel Jeunes	http://www.teljeunes.com/	1 800 263-2266
Veteran Affairs	http://www.vac-acc.gc.ca/	1 866 522-2022

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- Tel-Jeunes
www.teljeunes.com
- Wikipedia
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MISSION EXPRESSION



Produit par le CRFM de Bagotville en collaboration avec les adolescents de la communauté de la 3^e Escadre de Bagotville.

Produced by the Bagotville MFRC with the collaboration from the adolescent community from 3 Wing Bagotville.



Available at your youth club!



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