

Common Post Deployment Symptoms

Agitation Easily angered, short fuse- Rage button

Isolation From family and friends- just go to work and go home

Anxiety driving Everything on side of road and potholes have an IED in them

Too hard to adjust Just give me my weapon and let me go back.

Frequent fights at home Irritable mood and don't know why

Toss and turn at night Night sweats and/or nightmares

Nervous in large crowds Can't have anyone stand behind you. Must have back to wall in public places

Speeding tickets Or DUI since deployment

Easily startled Sights, sounds and smells provoke memory of combat

Constantly on guard Rechecking locks and doors

These are common reactions to deployment. You and your family may need support with readjustment. Talk to your provider- We are here to care for you!