GRAY MATTER
LIFE STRATEGIES

PASS IT FORWARD.

What do you wish you knew before you deployed?

#WhatIWishIKnewDeployment

HOW TO DIRECTIONS

1. Choose to CREATE a reel or carousel

REEL

- Record a 60-second to 3 minute video
  - Open Instragram and record
  - Or record on your phone and upload
- Share a lesson, experience, or advice you wish you had known earlier.

CAROUSEL

- Download the carousel template
- Save to your photos
- Start making a post in Instagram
- Add your name or advice to the first slide
- Add your text on the following blank slides (use from 1-18 - as many as you would like)

2. TAG @hannahlifestrategycoach

3. USE #WhatIWishIKnewDeployment

4. TAG SOMEONE WHO SHOULD GO NEXT

5. Post it!

WHAT TO TALK ABOUT

- What do you wish someone had explained before/ after a deployment? Or something someone did tell you?
- What surprised you most about your stress response during or after deployment?
- What changed in your thoughts, emotions, body, sleep, relationships, or sense of safety?
- What do you understand now about operational stress, moral injury, identity, and/or trauma?
- What you you tell someone deploying today?

LEARN FROM SHARED EXPERIENCES.

PASS IT FORWARD.

@hannahlifestrategycoach | graymatterlifestrategies.com