

PASS IT FORWARD.

What do you wish you knew before you deployed?

#WhatIWishIKnewDeployment

Deployment can change the way you think, feel, sleep, react, connect, and experience the world. Too often, those changes are laughed off, minimized, or never explained.

#WhatIWishIKnewDeployment brings those experiences into the open so people can understand the human stress response, recognize what may be happening inside of them, and know they are not the only one experiencing it, and way to be supported.



DEPLOYED?

Share what you wish you knew



DEPLOYING?

Learn from those who have been there

➤ HOW TO PARTICIPATE

- Create a 60-second to 3-minute reel **OR** a carousel
 - Download IG Template at QR Code below
- Share a lesson, experience, or advice you wish you had known earlier.
- Tag @hannahlifestrategycoach
- Use #WhatIWishIKnewDeployment
- Tag someone whose experience the next generation should hear.
- You can share more than once!

➤ 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 tell someone deploying today?



THIS IS NOT ABOUT WAR STORIES.

No deployment highlights. Not proving who had it worse. The focus is what was happening inside of you that you wish someone had helped you understand sooner.



SHARE RESPONSIBLY

Only share what you are comfortable making public. Do not disclose classified, sensitive, operationally restricted, medical, or PII. Speak from your own experience.

LEARN FROM SHARED EXPERIENCES.
PASS IT FORWARD.

@hannahlifestrategycoach | graymatterlifestrategies.com

