

Understanding the Unique Stressors of Military Life

The military lifestyle encompasses unique stressors that significantly impact the mental health of service members and their families. Understanding the myriad of challenges that military life can bring is crucial in providing the necessary support and fostering resilience in the military community.

DEPLOYMENT

Deployment brings a unique set of challenges not only for service members but also for their spouses and children.

- **Combat and PTS:** The realities of war can lead to lasting psychological impacts.
- **Witnessing Death and Injury:** Exposure to life-threatening situations can be traumatic.
- **Family Concerns:** Loved ones often worry about the service member's safety.
- **Separation Challenges:** Extended periods away from family, including missing significant life events like the birth of a child, birthdays, graduations, and weddings.



LIFE AT HOME AND ON BASE

Military life on base comes with its own set of stressors, affecting daily life and long-term well-being.

- **Permanent Change of Station (PCS):** Regular moves to new and unfamiliar locations.
- **Routine Struggles:** Early morning exercises and long workdays.
- **Financial Hardships:** Many junior enlisted service members face financial constraints.
- **Social Norms and Challenges:** Issues like predatory lending and the normalization of drinking as a coping mechanism.



PERSONAL CHALLENGES

Service members face various personal and social challenges, impacting both their military and personal lives.

- **DUI and Dishonorable Discharge:** Legal issues can have severe consequences on a military career.
- **Sexual Harassment and Assault:** These are serious issues that affect many service members.
- **Marital Struggles:** Young soldiers often marry early, sometimes leading to complications.

