

Based On My Life Experience



STEPS TO ADJUST FAST TO A "NORMAL" LIFE

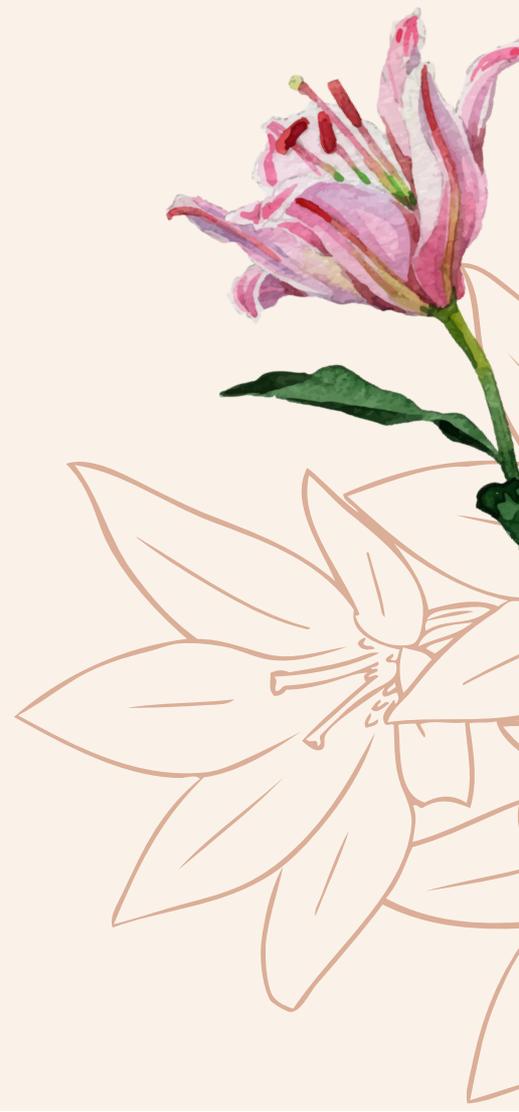
After Years Of Military Service

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Adjusting to Life After Retiring from the Military for Veteran Women

The transition from full-time soldier to full-time vetHERan can be especially tough for women who have spent their entire lives in the service. It has been an amazing journey, but you're not quite sure what's next. You're excited to start this new chapter in your life, but you're also feeling a little bit anxious about how you will fit into the civilian world with only your military experience as a foundation for your knowledge and skills.

In this guide, I share with you what you can anticipate happening after leaving the military, how to adjust to civilian life and a couple of lessons I learned along the way that can help you make a smooth transition into civilian life.





What to Expect After Retiring from the Military

One of the first things you will have to deal with is the physical and emotional injuries that you may have incurred during your time in the military. Many women veterans are struggling with mental and physical health issues alone. It's important to find a support system and get the professional help you need to heal both your mind and body.

You will also likely experience some financial challenges as you transition into civilian life. It is important to be mindful of your spending and make sure that you are budgeting for unexpected expenses. You may also have a hard time finding a job that pays as well as your military salary.

You will have to create a new identity for yourself. For many women, the military is a big part of their identity. When you retire, you will need to find new activities and hobbies that give your life purpose and meaning.

Lastly, you may feel lonely and disconnected from family and friends who have not served in the military. This is normal, but there are ways to stay connected to your loved ones. There are also many support groups and resources available to help you through this time. We appreciate your service and want you to know that there are people out here who care about you and want to see you flourish once you leave the military.

Leaving the military can be tough, but it doesn't have to be an impossible transition. With some planning and preparation, you can make the adjustment to civilian life with ease. Keep these five tips in mind and you'll be on your way to a successful transition:

Give Yourself a Grace Period

Allow yourself time to mourn the loss of your military identity. It's natural to feel sad or confused after retiring. Be patient with yourself and understand that this is a process. Show yourself some grace.

Find Your Tribe Fast

Moment of truth....I suffered in silence well over two years because my pride would not allow me to ask for help. Don't be me! DO NOT BE AFRAID TO ASK FOR HELP!!!!

Remember that you are not alone in this journey. There are plenty of us more experienced women veterans out here who understand exactly what you're going through. So reach out and find your tribe today

Make Yourself The Priority

It's important to take some time to get to know yourself after years of military service. You deserve your own unconditional love and appreciation. Use this time to do a self inventory and explore what you want out of life. By becoming your own best friend, you'll be better equipped to handle the world.

Reconnect With Your Spouse and Children

Sis, while you were in the military, you were operating from the expectations of what the uniform/rank required. That is all your family knows you to be.

The hard truth that I must bring to the forefront for most women veterans is that, neither our spouse nor our children, has had any other life experience with us other than the military. Just like you're getting to know yourself, they are too.

Communicate honestly those new feelings that you're experiencing so that they may know how to support you along the way. They don't know your emotional side.





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you step into
your new
beginning**

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