

REINTEGRATION TOOLS

Shift from duty mode back into home, relationships and self.



Steel Armor
Mindset
Your mind is the first
line of defense

WHAT REINTEGRATION MEANS

Reintegration is the intentional transition from a high alert service role back into the rest of your life. The nervous system may still be operating as if the shift, call, deployment or critical incident is continuing even after the immediate demand has ended.

The goal is not to become a different person at home.

The goal is to help your mind and body recognize that the environment has changed so you can reconnect with the parts of life that duty mode can crowd out.

SIGNS YOU MAY STILL BE IN DUTY MODE

- Scanning the environment or staying on alert when there is no immediate threat.
- Feeling irritated by ordinary noise, questions or interruptions.
- Wanting complete isolation after work but having difficulty reconnecting later.
- Using command language or urgency in situations that do not require it.
- Feeling emotionally flat, detached or unable to shift attention toward family or personal life.
- Replaying calls, incidents or decisions long after the event has ended.

THE TRANSITION SEQUENCE

1. NOTICE

What state am I bringing home with me?

2. DISCHARGE

What does my body need before I try to connect?

3. SIGNAL

What routine tells my nervous system the shift is over?

4. RECONNECT

Who or what do I want to return to intentionally?

REINTEGRATION TOOLS

Build a transition that is realistic enough to repeat.



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CREATE YOUR OFF SHIFT ROUTINE

- Physical reset: change clothes, shower, walk, stretch, hydrate or eat before expecting yourself to immediately engage.
- Environment reset: reduce noise, sit somewhere quiet or spend a few minutes outside.
- Mental reset: name what is still following you from the shift and what can wait until tomorrow.
- Communication reset: tell the people at home what you need and when you expect to reconnect.
- Connection reset: choose one small action that signals you are back, such as greeting your partner, checking in with your children or joining the household for a meal.

A SIMPLE HOME ARRIVAL SCRIPT

Try:

"I am glad to be home. I need about 20 minutes to reset, then I want to reconnect. If I seem quiet right now, it is about the shift, not you."

BUILD YOUR REINTEGRATION PLAN

Keep it short enough that you can use it after a difficult day.

My earliest sign that I am still in duty mode:

My best physical reset:

My transition signal or routine:

What I need the people at home to understand:

One way I will intentionally reconnect:

WHEN REINTEGRATION TAKES LONGER

After critical incidents, cumulative stress, burnout, deployment, retirement or a major role change, reintegration may take more than a single routine. Persistent hypervigilance, withdrawal, irritability, numbness, sleep disruption or relationship strain may be signs that additional support would be useful.

ACCESS SUPPORT

Confidential counseling is available through LifeWise Counseling.

Serving Texas virtually and in person in select locations.

817 602 8520

lifewise@lifewisetx.com

Immediate support: Call or text 988. Veterans: call 988, then press 1. COPLINE: 1 800 267 5463.