



Success Strategies

These issues can be avoided and/or minimized by focusing on the Marine Corps' mission, your relationships, and yourself. During deployments, successful Marines and their families do the following:

Communicate: Have regular, honest, open communication with a variety of people is key for deployed Marines and their families.

Ask for help: Marines and their families are aware of the variety of resources available to military families and do not hesitate to ask for help when they need it.

Manage stress: Eat a balanced diet, exercise, avoid excessive alcohol and drugs, and have some type of spirituality or belief system.

Prepare: Ensure ID cards do not expire. Update Record of Emergency Data (RED), Servicemembers' Group Life Insurance (SGLI), Family Care Plan, wills, and powers of attorney (POA).

Keep a positive attitude: Marines and their families are optimistic that they will succeed during a deployment. While they allow themselves to worry or occasionally experience self-doubt, they usually give themselves positive internal self-talk and maintain a "can do" attitude.

Set goals: The future is bright for successful Marines and their families. Have long-term goals and set goals to accomplish during deployment— such as increasing proficiency in their job, reading more, and participating in physical fitness activities.

Have fun: Do not put life on hold during a deployment. Make time for fun and do things you enjoy. Also, celebrate personal successes as well as successes of friends and family.

Get involved: Participate in church groups, sports, volunteer events, attend classes, and stay busy. Focus on helping and mentoring others as a way to deal with deployment loneliness.

Make friends: Initiate friendships and conversations. Do not wait for someone to approach you. Reach out to others in need and, therefore; others will reach out to you when needed.

Trust: Rely on others to do the right thing.