
When You Come Home

After a tough assignment, it takes a while to decompress. You may find that the relief of leaving for home is mixed with a certain sadness. You may feel the weight of work left undone and staff left behind.

Now is the time to be kind and patient with yourself. You've been sheltering your family and loved ones from the harshness of what you experienced. This may cause some frustration because they won't understand what you've been through. They may be overly solicitous, which may also cause frustration. You may be tempted to tell them what it was really like.

You may also feel that you've weathered your assignment without carrying any left over stress. The professionals tell us that often the result of this stress appears down the road when everyone assumes you have made the adjustment. Cumulative stress, as you may now know, can build over time. Your reactions are normal reactions to abnormal situations.

One of the advantages of having a debriefing by a professional is that it's confidential and in an environment where you can discuss your experiences without the fear of a job performance critique.

Of course this is voluntary and totally confidential, but strongly recommended by CRS as it is by every other Aid Agency operating in high stress environments.

Please feel free to contact APS Healthcare, provider for our Employee Assistance Program.