

# *How should I prepare myself for reentry?*

*Yes, reentry for you, the youth leader!*



You have been looking after other people's needs, but who is looking after you in your own reentry adjustments? Here are some suggestions in helping you in your reentry.

1. **Recognize your own need for debriefing and reentry adjustment.** You are not immune to the normal emotions that accompany reentry, e.g. initial elation, loneliness, grief, and feeling like a "fish out of water".
2. **Identify a person or a group of people who will listen to your own story** (not the youth group's story) when you return.
3. **Build in rest** (pace and space) in your reentry schedule. Avoid the temptation of moving quickly to your other responsibilities upon return. Set some boundaries as to how busy you will be during the first few weeks home.
4. **Identify and face your feelings.** Pour them out to the Lord and share with someone you trust. Do not get caught up in the "if only, we should have". Give it all to God. He alone can redeem and bring real change in people.
5. **Expect to go through a "low" period in your reentry.** This is normal. Be aware that Satan often capitalizes on this vulnerable moment to sow seeds of doubt and discontent.
6. **Remember that your true worth is in Christ,** not in this experience. It's not what you got accomplished but "rejoice that your name is written in heaven" (Luke 10:20).