



Wellbeing Tips

Finding strength in connection and community



Maintaining connection during deployment and absences

For many defence families, periods of deployment or training away from home are a familiar part of life. While these times can bring challenges, they also reveal the remarkable adaptability and creativity of families who find ways to stay connected across distance. Social connection does not always rely on being in the same place as it can grow through small, intentional gestures that remind us we are valued and remembered.

During deployment and absence, small routines can become powerful anchors. A handwritten letter, photo update, pre-recorded audio message or a care package can offer comfort for both the sender and receiver. These intentional routines become touchpoints that strengthen emotional connection and help maintain a sense of closeness during long stretches apart.

Connection doesn't always mean constant communication. Sometimes it's about finding creative ways to share experiences. Some families keep a journal that travels back and forth, gradually weaving together two perspectives into one story. Others swap playlists filled with songs that capture their mood or memories. These gestures create bridges between two worlds, helping each person feel included in the other's life.

For those at home, connection with community can be just as important as direct contact with loved ones. Defence partners, widows, and families often turn to each other for practical support, understanding, and companionship. Spending time with others who share similar experiences can ease feelings of isolation and strengthens resilience. Community groups, social clubs, and informal catchups become important anchors, offering a sense of belonging during times of transition or uncertainty.

Ultimately, maintaining connection during deployment isn't only about staying in touch - it's about nurturing hope, stability, and emotional closeness. Whether through a simple message, a shared ritual, or the support of community, these moments remind defence families that even when distance cannot be avoided, they are never navigating it alone. The bonds formed and strengthened during these times remain a powerful source of resilience, comfort, and wellbeing.