



Victory Bridge Mental Wellness Checkpoint™

For Military Families

Track your family's emotional temperature – and catch warning signs early. This checklist helps families assess key areas of mental wellness after reintegration. It's designed to spot early signs of stress, burnout, emotional disconnection, or trauma responses – before they escalate.

It covers emotional health, connection, self-regulation, and resilience, offering a clear snapshot of what's strong and where more support may be needed. For more tools on mental wellness education, preparation, prevention, and recovery, visit [Victory Bridge Toolkits](#).

Includes checkpoints for:

- Emotional awareness & regulation
- Communication & connection
- Triggers & symptom spotting
- Sleep, mood, and coping habits
- Peer, community, and therapy check-ins

⚠ *This is not a diagnostic tool – it's a proactive guide to strengthen support systems and spark meaningful conversations.*

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Emotional & Behavioral Regulation		
Task	Resource/s	Notes
We can identify each person's unique stress signals (irritability, withdrawal, shutdown).		
We have a plan or method to pause, reset, or regulate when someone is overwhelmed.		
We've talked about what trauma might look like at home.		
Everyone in the house knows the difference between having a bad day — and something being wrong.		
 Watch For • Emotional numbness or shutdown • Overreacting to small stressors • Avoiding eye contact, affection, or conversation		

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Family Communication & Connection		
Task	Resource/s	Notes
We regularly check in (not just about schedules — about how we're actually doing).		
Space is respected without guilt-tripping or tension.		
We've talked about what changed during and after service — and how we're adjusting.		
We have at least one ritual that helps us reconnect as a family.		
 Watch For • Silent tension, short fuses, avoidance • "Walking on eggshells" feelings • Confusion around roles or closeness	 For Support Download: Family Communication Scripts Build a Family Reset Routine	

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Routine, Sleep & Energy Management		
Task	Resource/s	Notes
Our family has a basic rhythm (sleep, meals, alone time, together time).		
Everyone has some protected time to rest or recharge alone.		
We've cut back or adapted routines that cause stress or exhaustion.		
At least one grounding activity happens weekly — walk, board game, dinner, or downtime.		
🚩 Watch For • Sleep disruption • Physical exhaustion or high reactivity • Over-packed schedules that leave no room for recovery		

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Warning Signs & Crisis Readiness

Task	Resource/s	Notes
We've discussed what a mental or emotional crisis could look like.		
Everyone knows what to do if someone gets overwhelmed or unsafe.		
Crisis contacts are saved and accessible (not buried in a drawer).		
We've talked about safety around medications, firearms, and other risks.		
 Watch For - Sudden isolation, substance misuse, talk of hopelessness - Increased volatility or threats - Giving away belongings or "checking out" behavior	 For Support Download: Family Crisis Plan Sheet Veterans Crisis Line: 988 + 1	

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Progress, Growth & Recovery		
Task	Resource/s	Notes
We take time to notice small wins – better sleep, a good day, a tough convo that didn't blow up.		
Each family member has a goal or habit they're working on (even if it's just rest).		
Gratitude, humor, or celebration happens weekly in some form.		
We've talked about what healing <i>actually means</i> in this household.		
 Watch For • Feeling stuck or like “nothing's working” • Resistance to talking about the future • Comparing to other families unfairly	 For Support • Monthly Reset & Reflection Sheet	

Master Resource Access

Need the tools mentioned above?

 Download the full Victory Bridge Family Toolkit at:

 <https://www.victorybridge.org/reintegration-hub>

There you'll find official planning guides, resource directories, therapy options, and printable tools to support each phase of your family's reintegration.