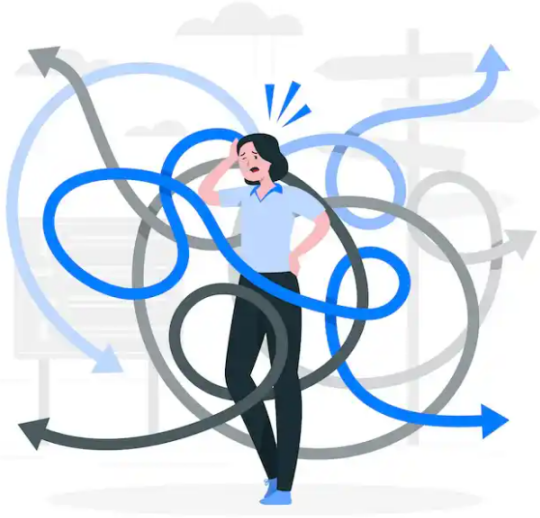




Communication Tool Kit

PHYSICAL, MENTAL, SPIRITUAL, SOCIAL, FINANCIAL





Dealing with Difficult Situations

Vignette: Due to rising costs in living, you recently obtained a second job. Your primary job has consistent weekday hours, which allows you to work your second job of cleaning commercial office space on weekends. Your partner works at a nearby restaurant owned by their family. The family has been willing and able to take care of your three-year-old child whenever needed. Lately, you have been feeling guilty about the amount of time you are spending at

your jobs and the less time you are spending with your partner/child. You have also noticed that you and your partner are starting to argue more about bills, spending habits and how often their family helps in taking care of the child.

- A) Don't talk about it and adopt the mentality of, 'It is what it is.' The bills need to be paid and you are fearful that if you don't keep things status quo, you will fall behind and that will negatively affect your family.
- B) Tell your partner that you will quit one of your jobs so you can spend more time at home.
- C) Defend yourself and remind your partner of all the sacrifices you are making by working two jobs.
- D) Talk to your partner and their family. The family has been supportive by taking care of your child, perhaps after sharing your concerns, they will have ideas to shift a work schedule that will better meet everyone's needs (such as adding you to work at the restaurant on weekends).
- E) Quit your second job- the stress and aggravation is not worth it and you can make ends meet.

BEST ANSWER: D. Talking with your partner and their family is the best option. You know the family has been supportive in the past and that their restaurant is doing well. Perhaps by opening the lines of communication and working as a team, some options could be laid out for you and your partner to work alternate shifts and maybe have time off together as a family.

Discussion Q & A:

- Have you gone through a similar experience before? If so, how can you help others through a similar situation?
- How would you approach the conversation with your partner and their family?
- How would you approach your supervisor(s) in a similar situation?
- What are other suggestions/ideas do you have that might help someone in this situation?
- At what point would you reach out to someone for additional support and advice in this situation?

Takeaways:

- ⇒ This is not an uncommon situation wherein many are having to take on more than one job for various reasons. It is important to recognize that you are not alone and having the courage to have a 'difficult conversation' to enhance communication is key, especially when you're dealing with circumstances that are outside of your ability to immediately fix.
- ⇒ Utilize the support networks that you know exist and be the one to start the communication. Courageous discussions can lead to brainstorming and coming up with solution that could benefit all parties.
- ⇒ Look into resources that could assist you with budgeting or take the opportunity to work with family/supportive individuals in your life to re-evaluate your current budget and assist in alleviating some stressors, if possible.

Follow-Up Resources:

- Army Director of Psychological Health (DPH): 1-877-504-2358
- Air Director of Psychological Health (DPH): Patricia Weiner (608-234-8820) & Emily Barrett (608-400-5275)
- Chaplain: 608-242-3450
- Army Military and Family Life Counselor (ACS:: Ft. McCoy :: US Army MWR), 352-801-2742
- Air Military & Family Life Counselor: Alicia Zenk, 608-215-3037
- Soldier and Family Readiness Specialist Number: 1-800-292-9464 (Option 1)
- Airman Family Readiness: Jerry Hook (115FW/Volk), 608-245-4654 & Amy Thompson (128ARW), 414-944-8249
- Comprehensive Health and Wellness: wisconsinmilitary.org
- Military One Source: 1-800-342-9647