

*War may be hell...  
but home ain't exactly heaven, either.*

*When a Soldier comes home from  
war, they find it hard...*



*...to listen to his son whine about being bored.*



*...to keep a straight face when  
people complain about potholes.*

*...to be tolerant of people who complain about the hassle of getting ready for work.*





*...to be understanding when a co-worker complains about a bad night's sleep.*



*...to control his panic when his wife tells him he needs to drive slower.*

*...to be grateful that he fights  
for the freedom of speech.*



*...to be silent when people pray  
to God for a new car.*





*...to be compassionate  
when a businessman  
expresses a fear of flying.*





*...to not laugh when anxious parents say they're afraid to send their kids off to summer camp.*

*...to not ridicule someone  
who complains about hot weather.*



*...to control his rage when a colleague gripes about his coffee being cold.*





*...to remain calm when his daughter complains about having to walk the dog.*

*...to be civil to people  
who complain about  
their jobs.*





*...to just walk away when  
someone says they only get  
two weeks of vacation a year.*



*...to be happy for a  
friend's new hot tub*





*...to be forgiving when someone says how hard it is to have a new baby in the house.*



*...to not punch a wall  
when someone says  
we should pull out  
immediately.*



*The only thing harder than  
being a Soldier...*

By: Danielle  
"A Proud Army Wife"



*is loving one.*

*A gentle reminder to  
keep your life in perspective.*

*And when you meet one of our  
returning Soldiers,  
please remember what they have been  
through and show them*

*compassion and tolerance.*

Thank you.

CPT Alison L. Crane, RN, MS  
Mental Health Nurse Observer-Trainer  
7302<sup>nd</sup> Medical Training Support Battalion