Coming home after serving a mission can be overwhelming and confusing at times. On a mission, every moment is spent working, praying, and serving, with the clear purpose of inviting others to come unto Christ. It can be difficult, in the post-mission life, to feel as though you have the same sense of purpose. Remember though, some of the most valuable skills gained on the mission include goal-setting and hard work. Use the skills you have learned on your mission to continue to live your best life and fortify yourself emotionally, spiritually, and socially.

**Emotionally:** Make concrete plans. You will feel happier and more fulfilled as you fill your day with work, schooling, family time, and spiritual activities. Be sure to prioritize time for self-care: praying, reading, talking walks, eating healthy, and getting enough sleep are good strategies to promote good mental health. Exercise is also vital for your emotional well-being. Try to find a sport or outdoor activity that you love, and make a habit of exercising every day. Be kind to yourself and patient during this time of transition. Don’t worry if you are not able to “flip a switch” to adjust to life back home; remember all change takes time. If possible, find a job or service opportunities that will allow you occasions to do missionary work and positively influence others.

**Spiritually:** Your mission doesn’t end after full-time missionary service. Our faith and love for the Lord will only continue to grow as we work and serve within the Church. If you haven’t received a calling, don’t hesitate to ask your bishop for an assignment. Be a diligent visiting or home teacher, serve in the temple, volunteer in the community, and serve those around you.

**Socially:** When you return home, seek friends that will be positive influences in helping you adjust to every-day life. Surround yourself with people who will uplift you and support you in your goals. Be sure to set realistic expectations of others, especially your family. Many missionaries may feel they have been out helping other people learn how to live, yet come home and feel disappointed to find problems and challenges in their own families. Remember it is unrealistic to expect the “perfect celestial family,” and that love and service will be your best and most helpful tools. When you feel ready and comfortable, begin dating again. Be sure not to put too much pressure on yourself to find “the one;” instead, focus on meeting new people and on having worthwhile experiences.

Above all, keep in mind that the Lord will bless you for your service. While the transition may be difficult, place your trust in the Lord and put your faith in good things to come. The best is yet to be.