

"Some of you may wonder: Is there any future for me? What does a new year or a new semester, a new major or a new romance, a new job or a new home hold for me? Will I be safe? Will life be sound? Can I trust in the Lord and in the future? Or would it be better to look back, to go back, to stay in the past? To all such of every generation, I call out... Faith is for the future. Faith builds on the past but never longs to stay there. Faith trusts that God has great things in store for each of us and that Christ truly is the 'high priest of good things to come.'"

— Elder Jeffrey R. Holland

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, that some of the most valuable skills gained on the mission include goal-setting and hard work. Use those skills you've 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, taking walks, eating healthy, and getting enough sleep are good strategies to promote good mental health. Exercise is also vital for your emotional well-being. Find a sport or outdoor activity that you love and make a habit of exercising every day. Be kind to and patient with yourself 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 an opportunity to serve 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. Minister diligently, 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 everyday life. Surround yourself with people who uplift you and support you in your goals. Be sure to set realistic expectations of others, especially your family. Many missionaries are disappointed to find problems and challenges within their own families after devoting many months to helping other families learn how to live. Remember it is unrealistic to expect the "perfect celestial family" and that love and service will be your most helpful tools. When you feel ready and comfortable, begin dating, but avoid placing too much pressure on yourself to find "the one." Instead, focus on meeting new people and having worthwhile experiences.



ADDITIONAL RESOURCES

"The Returned Missionary"

Elder L. Tom Perry

"Be a Quality Person"

Elder Marvin J. Ashton

"When 'The Best Two Years' Are Over"

Janet Brigham

"Especially for LDS Missionaries: How to Transition to Post- Mission Life"

Sunny McClellan Morton

My Plan

an online course designed
to strengthen returning
full-time missionaries