



## Tips for Coping with PCS Stress

Moving season is on the horizon for military families, and with it, the stress of pulling up roots and relocating. Each summer, roughly one-third of service members make a permanent change of station (PCS) move. If your military families are facing a move, remind them of the ways Military OneSource will support them through their transition.

### **Military OneSource spouse relocation services**

Military OneSource offers free relocation and transition assistance to military spouses. A spouse relocation consultant provides support, resources, and referrals for moves, both domestic and overseas. Consultants assist with:

- Prioritizing needs
- Mapping out relocation timelines
- Transportation of household goods, vehicles, and pets
- Locating on- and off-base housing
- Identifying neighborhood schools
- Navigating the [Plan My Move app](#)
- Initiating three-way calls with base resources

### **Coping with stress**

A PCS can be overwhelming, even for families who have moved many times before. If families you see are concerned with an upcoming move, pass along these tried-and-true tips for dealing with PCS stress:

- If possible, visit the new location before moving. Explore your new city or town's website. Join the community's Facebook page, if it has one. This will give you a feel for your new home and what it has to offer.
- Make a packing timeline. Pack non-essential items first.
- Get the whole family involved in the move. Children can pack up their own toys and books, for example.



- Keep all important papers related to the move in a large folder.
- Make a plan to meet people after the move. For example, attend a local house of worship, visit your children's new school, attend parent-teacher organization meetings, and join a YMCA or community center.

Encourage your families to treat their upcoming move as an opportunity to learn and grow. Military OneSource Spouse Relocation Services will help them stay organized through the move and find resources in their new location. They can connect with Military OneSource at 800-342-9647.