



## Help Military Families Cope with Letdown after a Move

Military families in your care may have to make Permanent Change of Station (PCS) moves several times in the service member's career. Some may adjust quickly and thrive in their new home, but others may feel out of sorts or let down, even if they love the new assignment.

If service members or military family members continue to feel unsettled after moving, remind them that:

- **Their feelings are a normal response to a life change.** Life changes can alter the body's chemistry. Meeting deadlines, packing, and keeping up with numerous details can keep stress hormone levels high, energizing them for the tasks at hand. After the move, the body will work its way back to its normal resting levels. This switch back to lower stress hormone levels may cause them to feel tired, irritable, anxious, and/or sad for a few days or weeks.
- **Change can mean loss.** Changes in location, job, schools, etc. can bring exciting opportunities, but can also be accompanied by the loss of familiar routines and close connections with friends, neighbors, and colleagues. If they feel let down after a move, they may be grieving subtle or substantial losses. They need to allow themselves time to mourn the changes that mean loss to them.

To help military families cope with letdown, encourage them to:

- **Establish routines** in their new location that resemble what they had before they moved, if possible.
- **Take care of themselves** by getting plenty of rest, eating well, and exercising regularly.
- **Keep in touch** with long-distance family and friends.

- **Explore the new area** to find parks, museums, libraries, or other places of interest with neighbors, co-workers, classmates, etc.

Ask military families in your care if they are building a new support network of friends. Whether they have instant community on an installation or are adjusting to a new location off base, these tips can help them make more connections and feel better:

- Call the Family Center on base and ask about the Morale, Welfare and Recreation (MWR) Program.
- Find groups and/or classes in the new area such as book clubs, scrapbooking groups, runners clubs, art classes, etc.
- Explore a new hobby as a way to get to know people.
- Consider joining the local gym or YMCA.
- Attend local services and get to know members of their religious faith.
- Research volunteer options in the new community.
- Encourage the children to connect online with other military children (ages six to 17) through [Military Kids Connect](#).

With a little effort and with your support, the whole family can adjust well to the move.

*If you are interested in providing non-medical counseling to military service members and their families through Military OneSource, please email us at [mosproviderrelations@militaryonesource.com](mailto:mosproviderrelations@militaryonesource.com).*