



NMCPHC QUICK HITS

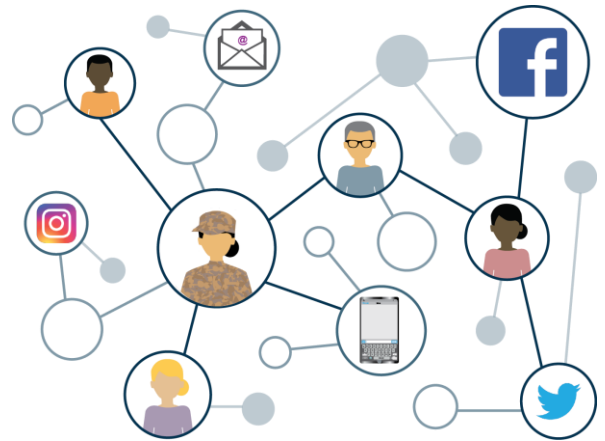
Don't Stress the PCS

Tips to help you navigate a permanent change of station (PCS)

Change is an expected part of life, but that does not mean it's always easy to deal with. A permanent change of station can make life even harder on military personnel and their families. If you are in transition, do not let stress overwhelm you. Check out these tips to help you take the stress out of a PCS!

Strengthen Your Network

Being a single Sailor or Marine can make transitioning somewhere new even more stressful, which is why having a strong and supportive network is key to helping you navigate that stress. Make sure you are maintaining a connection with your family and friends and don't forget to [put yourself out there!](#) Find a group or team to join in your new location that can help you grow your network and settle into your new area.



Know Your Zone

Navy Operational Stress Control has an easy to understand graphic to help ["Know Your Zone"](#) when it comes to stress. If you aren't in the green, this chart can help you take the necessary steps towards feeling better and more positive.

Do Your Research

There are many web based resources that offer information on planning for a PCS and assistance programs.



[Military OneSource](#) makes it easy for Service Members to access the information they need, all in one place. If you are experiencing stress and feel that you need help in managing your transition, the Navy has specific programs that can help. Check out your installations [Relocation Assistance Program](#) to get support when planning for your upcoming PCS. You can also get support from [inTransition](#), a free, voluntary program with coaches who provide psychological health care support you during your PCS.

Stay Connected

No matter where you are located, social media, email, video chat, even texting can help you [feel more connected](#) to your friends and family when you can't be with them. Using these methods of communication can help you to not only maintain your relationships but also strengthen and build new ones.

Additional Resources

- Check out the Navy and Marine Corps Public Health Center health promotion resources for [coping and dealing with stress](#) and tips on [relaxing](#).
- For DOD peer to peer support, visit [BeThere Support](#).
- For additional assistance visit your local Fleet and Family Support Center or call Military OneSource or the Military Crisis Line.

**Military
Crisis Line**



1-800-273-8255
PRESS 1



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

Connect with NCMPHC:     