

# 12 CHOICES TO COPE WITH STRESS

1. I choose to be happy.
2. I choose to disconnect and detach with love.
3. I choose to be mindful.
4. I choose to make time for sleep.
5. I choose to get outside and moving.
6. I choose to be grateful.
7. I choose what to overlook.
8. I choose the battles worth fighting.
9. I choose what to do next time and what to stop doing.
10. I choose to enjoy the relationships that matter.
11. I choose to schedule and prioritize what really matters.
12. No matter how my PCS started, I choose to finish well.



# USE YOUR 5 SENSES

Engage one or more of your senses to relieve stress.

## SIGHT

Read a good book.  
Watch your favorite film.  
Evoke good memories by looking at old photos.



## SOUND

Listen to nature.  
Tell a story.  
Play your favorite music.



## SMELL

Light your favorite scented candle.  
Breathe in fresh air.  
Freshly brewed tea or coffee



## TOUCH

Wear cozy clothing.  
Squeeze a stress ball.  
Hug a love one.



## TASTE

Eat your favorite food.  
Brush your teeth.  
Remember your favorite childhood meal.

# 7 C'S OF RESILIENCE

The capacity to respond, adapt, and recover from stress.

## • Competence

It involves possessing the necessary skills to confidently face adversities and having substantial opportunities to practice such skills.

## • Confidence

You need to be confident to cope with various challenges of life, find solutions, and recover from setbacks.

## • Connection

Building strong relationships and connections with family, friends, and other individuals in the community can enable you to develop a sense of belongingness, values, and security.

## • Character

It can help you build necessary sense of self-worth, values and morals that enables you to distinguish between what is right and wrong.

## • Contribution

Contributing towards building a better society and the well-being of self and others can help us realize our own responsibility and worth.

## • Coping

Developing important coping skills can help you deal better with stressors and overcome different challenges.

## • Control

When you feel in control, you are more likely to know how to make decisions that will enable you to overcome life's challenges.

# 4 A'S OF STRESS RELIEF

## AVOID

A lot of needless stress can simply be avoided. Plan ahead, rearrange your surroundings and reap the benefit of lighter lead.



## ACCEPT

Sometimes we have no choice but to accept things the way they are.



## ALTER

One of the most helpful things you can do during times of stress is to take inventory, then attempt to change your situation for better



## ADAPT

The perception that you can't cope is actually one of the greatest stressors. That's why adapting—which often involves changing your standards or expectation can be most helpful in dealing with stress



SCAN TO USE THE  
PLAN MY MOVE CHECKLIST



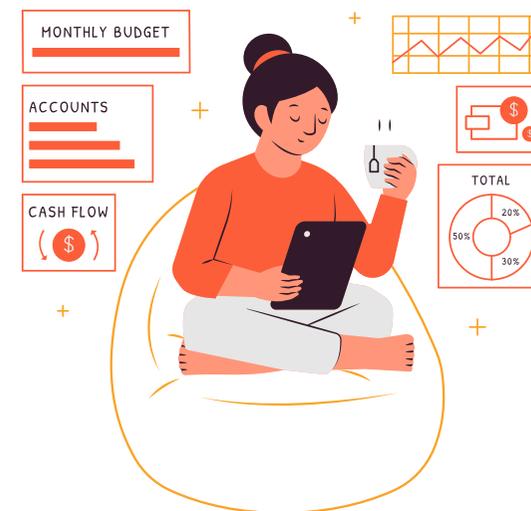
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# How To MANAGE STRESS WHILE PC Sing!

SPOUSE EDITION



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# FOODS TO FIGHT OFF STRESS

A healthy diet goes a long way to help naturally manage stress.

Some foods provide comfort, lowers stress hormones and increase those feel-good hormones like serotonin.

What you can eat can affect how you handle stress so reach for **WHOLE READ FOODS!**

## STRESS RELIEVING NUTRIENTS

### VITAMIN C

- Fruit or Smoothies
- Bell Peppers
- Tomatoes
- Broccoli

### OMEGA 3'S

- Flaxseeds
- Walnuts
- Grass-Fed Meat
- Fatty Fish

### ZINC

- Seafood
- Cashews
- Egg Yolks
- Grass-Fed Beef
- Legumes

### MAGNESIUM

- Avocado
- Dark Chocolate
- Spinach
- Nuts + Seeds
- Whole Grain



# Nutrition to Go!

While PCSing, Nutrition is an important factor that is forgotten while we get ready to move.

Here some handy nutrition tricks to remember while you don't have a solid place to cook:

### 1 FIST = 1 CUP

Example: 1 medium piece of fruit, 1 cup of dry cereal or popcorn, 8 fl. oz. of milk.

### 1 HANDFUL = 1-2 OZ.

Example: 1 handful = 1 oz. nuts or 2 handfuls = 1 oz. pretzels or chips

### 1 THUMB = 1 OZ.

Example: Length + Width of thumb = 1 oz. of cheese

### 1 PALM = 1 OZ.

Example: 3 oz. lean meat, fish, or poultry

If you are flying, remember to pack healthy snack meet daily requirements and give energy that won't crash.

*Always check your airline but plenty allow snacks to go through the gate as long as you claim them during security.*

### GOOD SNACK IDEA:

- Precut, prepackaged apple slices
- Mandarin oranges
- Prepackaged peanut butter
- Trail mixes
- Grapes
- Granola bars

These snacks will help get through those flights with little ones on board or even if you are flying solo with your spouse. Sometimes they don't offer appetizing meals on board the flights.

## REMEMBER:

- If you are a breastfeeding mom, **don't forget to charge and pack your pump** if needed and always check with your airline how much milk you can take through the TSA line to avoid milk being lost.
- **Don't forget your water bottles.** You can take empty containers through the security line and fill them up at any water fountain station in most airports. It is important to stay hydrated throughout travel to prevent sickness.
- Things to consider while moving, **avoid foods that are high in sugar and fat content.** While they may taste great at the time, they can fatigue you and slow you down resulting in increases in stress.
- Eating out is inevitable during a move as well. It is okay to indulge in good food occasionally but **remember to try and eat a balanced diet as best as possible** by looking at the whole menu and comparing which has the lower calorie menu option. Enjoy your food but eat less.
- **Take your time and be mindful** of what you are eating. Use hunger and fullness cues to recognize when to eat and when you've had enough.

We know that moving whether it is two states away or across the world is always stressful. By eating a well-balanced diet it will help to reduce stress levels and give you energy to power through the move.



# WIC OVERSEAS

The WIC Overseas Program provides several important benefits to help you and your family lead healthier lives.

## Programs services are provided to eligible participants overseas:

- Active Duty Military & their Dependents
- DoD Civilians Employees & Family Members
- DoD Contractors & their Family Member
- Including: infants, children, pregnant, postpartum and breastfeeding individuals.

## To see if you qualify for services, please contact our office:

WIC OVERSEAS  
Hainerberg BLDG 7780  
Texas Strasse 57  
65189 Wiesbaden  
DSN: 548-9290  
Commercial: 0611-143-548-9290



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# MANAGING NUTRITION

*White*  
**PC Sing!**

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WIC OVERSEAS

# ASSEMBLE YOUR FIRST WEEK BOX

Things you might want to bring with you so they are easy to access right after you move or put in your suit case

## ESSENTIALS

- A week's worth of clothes per person
- Required military clothing items
- Special items for small children and babies  
(*toys, blanket, books and music*)
- Electronics and chargers (*laptops, phones, tablets*)
- Food, medications, and supplies for pets*
- Paper towels and toilet paper*
- Cleaning supplies, zip-locks, and trashbags*
- Extra contacts and/or glasses*
- Unpacking tools (*scissors, tape, pen, and paper*)

## KITCHEN

- Plates and utensils
- Sponges and paper towels
- Cups or reusable drinking bottles
- A few pots and pans
- Basic tool kit
  - Regular screwdriver
  - Phillips screwdriver
  - Hammer
  - Tape measure
  - Bottle opener

## BED AND BATH

- Towels
- Bed sheets
- Pillows
- Blankets
- Air mattress or sleeping bags
- Plastic shower curtains and rings
- Double-bagged set of basic toiletries



# MY DO NOT PACK ROOM LIST

The designated room for items that should not be packed. Make large, clear signs for the door, and put it in multiple language, if appropriate.

## Items that need to go in your *do not pack room* includes:

- Your moving binder
- Camera
- Car Keys
- Suitcases with clothes for the move
- Required children's items
- Medications
- Toiletries
- Jewelry
- Chargers and power cords
- Laptops, tablets, IPods, cell phones
- Cleaning Supplies
- Pet items, including crates, food, medications, and paperworks.
- Items you intend to hand carry
- *Your First Week Box*
- Small toys and other children's entertainment

**Tip!** Check on the room throughout the day, ensuring that it hasn't accidentally been entered or packed!

# HOW TO INVENTORY YOUR BELONGINGS

Knowing exactly what you've got and where it's stored can help make for a smooth transition when you unpack in your new home.

## Tips on how to conduct an inventory:

- Organize belongings and uncluttered area
- Take pictures and/or videos of your items
  - Optional: capture brand names
- Write down item, name, description, and amount (e.g. 12 silver forks)
  - Optional: for valuables, includes model, serial number, receipt, certificate of authenticity value
- Photograph *every room including attic, garage, storage, and every item*
  - Optional: Record and narrate your video with notes to self
- Remember to update your inventory and keep it in your **Moving Binder**



# THE MOVING BINDER

Holds all of your moving essentials in one place so you always know where to look!

## IMPORTANT DOCUMENTS

- Current Orders:**  
Keep your original set of orders with you at all times and make more than one copy!  
*For overseas moves,* keep your command sponsorship or dependent entry approval paperwork, plus copies.
- Identification for each family member:**  
Bring your military IDs, driver's license, social security cards, passports, birth, marriage, and naturalization certificates.
- Vehicle documentation:**  
Carry your vehicle title or lease information and proof of vehicle inspection, registration and insurance.
- Financial documentation:**  
Bring personal checks, any hard copies of recent bank statements, and all credit and debit cards.
- Housing information:**  
Carry household inventory list your moving company provided, as well as lease or mortgage paperwork
- Legal documents:**  
Divorce or annulment paperwork, wills, custody or adoption paperwork, and active power of attorney documents.
- School or employment records:**  
School transcripts, report cards or grade sheets your children need for school registration.  
  
If you are moving with a child with special needs, learn more about support provided by the *Exceptional Family Member Program*.
- Medical and physical information:**  
Physical, dental records, vaccination records.

**Pro-packer tip:** Stay organized by creating a moving binder to hand carry. Having a binder gives you easy access to all of your important paperwork.



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# Tips & Tricks while PC Sing!

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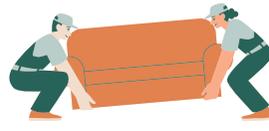
# ERRANDS AND PAPERWORK CHECKLIST

- Talk with your family about your upcoming move.
- Contact the Relocation Program
- Ask about Spouse Sponsorship Program
- Start making **The Moving Binder**
- Visit the **Plan My Move** website
- Set up an appointment with your local transportation office to coordinate household goods shipment
- Decide whether to have military-contracted movers, do a Personal Procured Move (PPM) or both
- Learn about restrictions on moving items
- Ensure your passports and visas are up to date
- Gather copies of important documents
- Get current on all forms of identifications
- Update legal paperwork (e.g. power of attorney)
- Discuss budget with your Financial Readiness Program
- Learn about your allowance and entitlement
- Set up appointment with Transportation Office
- Make appointments for vehicle maintenance before shipping
- Review vehicle registration, inspection, license requirements
- Keep a spare key for vehicle
- Connect with information and resources regarding housing options at your next duty station and surrounding community
- Research the country or state
- Research housing and cost-of-living allowance at your new installation
- Look at school rating during housing search
- Connect with Facebook groups in new location

- Look into child care options
- Request copies of any school paperwork
- Complete mandatory EFMP screening\*
- Contact School Liaison for information about changing school
- Consider Youth Sponsorship Program
- Submit school withdrawal paperwork and records
- Connect to the New Parent Support Program
- Set up an appointment with WIC Overseas\*
- Check old and new Tricare contacts
- Schedule dental, eye, and physical exams
- Request your medical and dental records in either digital or physical copies
- Update insurance coverage and contact information
- Refill prescriptions
- Schedule vet appointment
- Ask about pet restrictions, registration and requirements
- Fill out and make copies of veterinary paperwork
- Update your pet's tag and/or registration
- Check with airlines and new duty station about pet policies and required paperwork
- Pick and book travel date
- Download flight ticket policies
- Double check legal documents
- Verify luggage allowance for your flight
- Make hotel reservations
- Plan transportation to your new installation
- Submit change of address
- Transfer or close bank accounts
- Request letters of credit from utility providers
- Cancel memberships or subscriptions
- End utility services
- Forward your mail to your new address
- Complete all required out-processing paperwork
- Don't forget to pack your **First Week Box**

# PREPARING YOUR HOUSE CHECKLIST

- Sell/Donate/ trash your stuff
- Designate your **Do Not Pack** room
- Save important files to hard drive
- Purchase ziplock bags, painter's tape and sharpies
- Pack adaptors for electronics
- Pack a First Week Box
- Inventory household items
- Organize your *Unaccompanied baggage*
- Organize your *Household Goods*
- Identify and label boxes with your contact information
- Zip tie hangers
- Tape remote electronics
- Remove batteries from all items
- Disassemble large furniture
- Remove pictures and other wall decorations
- Drain your lawn mower of gas and oil
- Drain garden hoses
- Clean grill, fire pit, outdoor toys
- Scrub and disassemble large outdoor items
- Pack your suitcases
- Check your financial, legal protections
- Look over all housing paperwork carefully
- Do your own move-in inspections



*Military moves are a stressful reality for all military families.*

*Let the ACS Relocation Readiness Program assist you and find you the resources you need to alleviate some of the most common stressors in this process!*

**Find all Relocation services in Wiesbaden at:**

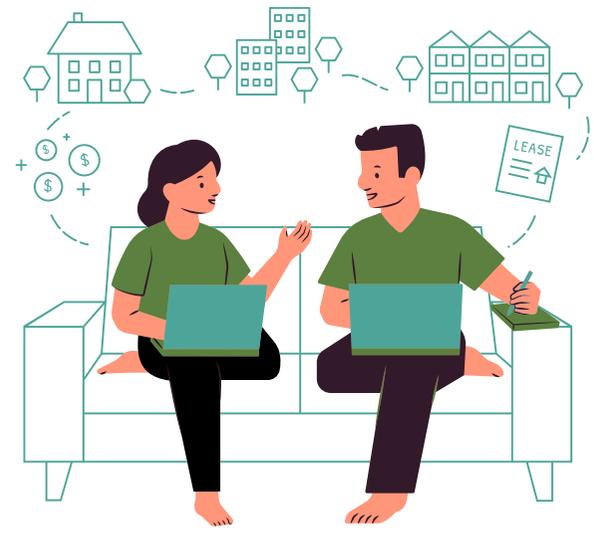
<https://wiesbaden.armymwr.com/programs/relocation-readiness-program>

**Or contact us at Army Community Services:**

Hainerberg Housing  
Mississippi Strasse  
BLDG 7790  
Wiesbaden 65189  
Germany  
+49 (0)611-143-548-9201  
Military DSN (314)548-9201

**Find further resources through the following websites:**

- [Move.mil](http://Move.mil)  
Use their official DOD moving portal to schedule a move; submit a survey; or claim lost or broken items
- <http://www.militaryinstallations.dod.mil/>  
Find further information about your new installation including location; service; and program info.



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[HTTPS://PLANMYMOVE.MILITARYONE SOURCE.MIL/](https://planmymove.militaryonesource.mil/)

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# Things To Do While PCSing!

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ACS READINESS PROGRAM**