

STAYING CONNECTED

Deployments and Permanent Change of Station (PCS) transitions are an important part of military life, filled with new opportunities and experiences. However, the challenges of moving and separating from family may contribute to loneliness and social isolation. Learn what steps you can take to feel more connected.

Loneliness and social isolation may negatively impact your health, with higher risks for:

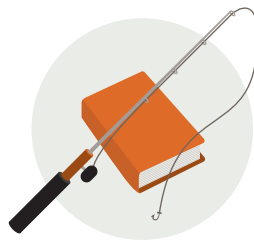
- Anxiety
- Depression
- Heart Disease
- Impaired Cognitive Function
- Obesity
- Weakened Immune System

6 Tips to Combat Loneliness



SHIFT FOCUS TO OTHERS

Find a way to serve others, which may boost your mood and provide a sense of purpose. Your installation Military and Family Support Center can help you find local volunteer opportunities on and off base.



PURSUE A HOBBY OR INTEREST

Get out of the house and get involved in a new hobby or take a class to learn a new skill. Check out your Morale, Welfare and Recreation program to find fun activities and meet new people.



BOND WITH YOUR UNIT

Work on building stronger cohesion in your unit. Start by incorporating more effective speaking and listening skills into your interactions, like asking open-ended questions and making eye contact.



NURTURE YOUR CONNECTIONS

Focus on improving and strengthening your current relationships. Stay in touch with friends and family regularly, connecting through social media, video chat or by phone.



BRANCH OUT SOCIALLY

Avoid relying on only your unit for socializing and friendships. Try building relationships with a variety of groups, including neighbors, coworkers, friends and family.



EMBRACE ALONE TIME

Spend time enjoying your own company and doing activities you love. Try out an activity that promotes self-reflection like hiking, biking, journal writing, meditation or yoga.

WANT MORE RESOURCES?

Psychological Health Resource Center

Call/Chat with a health resource consultant 24/7 for assistance accessing care at 866-966-1020 or health.mil/PHRC.

Military Crisis Line

In the U.S., call 988 then press 1 or text 838255. For OCONUS calling options and online chat accessible from anywhere in the world, visit militarycrisisline.net.

Military OneSource

Military OneSource provides 24/7 support for service members and their families. Call 800-342-9647 anytime to connect to free resources, specialty consultations or confidential non-medical counseling.

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REAL STRENGTH

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