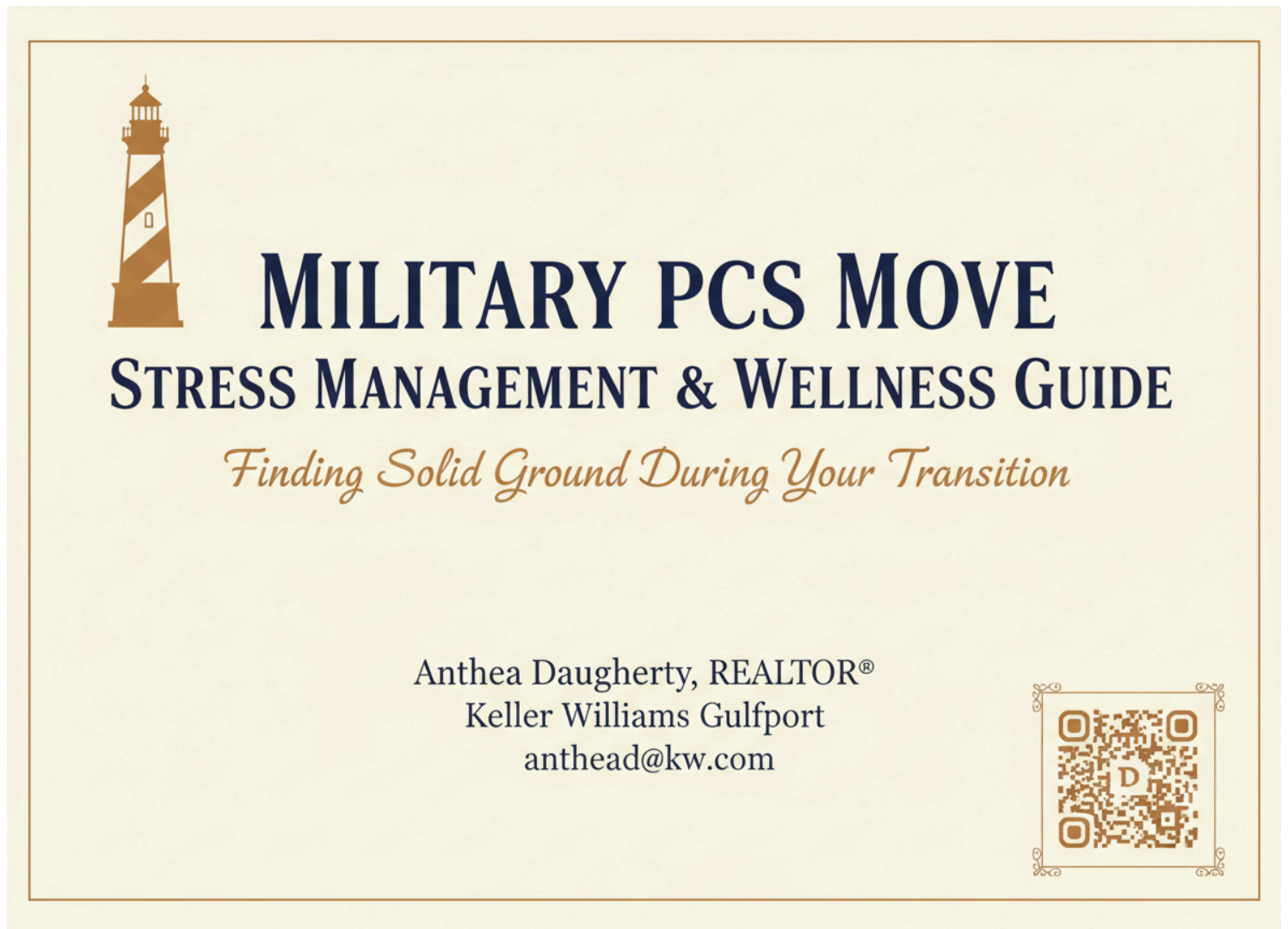


Military PCS Move: Stress Management & Wellness Guide

FINALIZED PDF - Ready to Download & Print

Complete PDF Pages

Page 1: Cover Page



Cover

Contact Info:

- Anthea Daugherty, REALTOR®
- Keller Williams Gulfport
- anthead@kw.com
- QR Code links to: <https://anthea-daugherty-realty.sintra.site>

Page 2: Understanding PCS Move Stress

Understanding PCS Move Stress

It has several outstanding differences to other content in the night are the exciting parts in Movies, there are not as many as you would think and she says the time the tears and excitement of the experience is not just a #170F30.

The Nuances of PCS Move Stress:

- Decision Fatigue:
- Grief and Loss:
- Family Strain:
- Identity Shifts:
- Financial Anxiety:



Page 2

A military PCS move isn't just logistics—it's a major life transition that affects your whole family. You're managing compressed timelines, big decisions, financial changes, and often, a shift in identity and community all at once.

What you might be feeling:

- Decision fatigue from VA loans, neighborhoods, schools, and moving logistics
- Grief about leaving friends and familiar routines
- Spouse and family strain as careers and friendships are disrupted
- Identity shifts, especially if you're retiring from active duty
- Financial anxiety about BAH changes, closing costs, and moving allowances

This is real. It's heavy. And you're not alone in feeling it.

Page 3: The "Solid Ground" Mindset Framework

The Solid Ground Mindset Framework

- 1. Acknowledge the weight:**
Understand and validate your burdens.
- 2. Separate what you control:**
Distinguish between influence and acceptance
- 3. Anchor to the why:**
Reconnect with your core purpose and values
- 4. Give yourself a runway:**
Allow for growth, rest, and preparation



Page 3

When everything feels chaotic, return to this simple framework:

1. Acknowledge the weight Name what's hard. Don't minimize it. It's okay to say, "This is stressful," and mean it.

2. Separate what you control Focus your energy on: the house search, your timeline, the paperwork, your family's needs. Let go of what you can't control.

3. Anchor to the "why" Retirement. Proximity to family. A new chapter. Write it down. Keep it visible on your bathroom mirror or phone.

4. Give yourself a runway Transition stress peaks around weeks 2–6 after your move. Knowing it's temporary helps you breathe through it.

Page 4: Daily Wellness Habits During Your Move



AD6730

Daily Wellness Habits During Your Move

Morning

5-minute intention & stretch

Evdday

10-minute walk & fresh air

Weekly

Family check-in & gratitude

As neeeded

Comfort meal & unvind & recharge

You don't need elaborate self-care routines. You need simple, realistic habits you can actually use.

Morning Set a 5-minute intention: Write down one thing you *can* control today. Start there.

Midday Take a 10-minute walk—even around a parking lot. Movement breaks decision fatigue and clears your head.

Evening Have a brief family check-in: "One hard thing, one good thing" from each person. It builds connection and normalizes the ups and downs.

Weekly Cook or order one meal that feels like *home*. Familiar food is a powerful emotional anchor during displacement.

As needed Give yourself permission to pause. If a showing feels overwhelming, reschedule it. You're allowed to slow down.

Page 5: Supporting Your Whole Family



Supporting Your Whole Family

For Spouses

- Resources for military spousal employment & career development
- Mental health & wellness programs for partners

For Kids

- Educational support & tutoring services children
- Youth resilience & coping skill workshops
- Fun, family-friendly events & activities

For the Retiring Service Member

- Transition assistance & career guidance
- Financial planning & benefits
- Health & wellness programs for post-service life

PCS stress doesn't hit just the service member—often the spouse and kids carry the heaviest load.

For Spouses

- Acknowledge career disruption openly. Your career pause matters. Validate it; don't rush past it.
- Connect early with local military spouse networks. Keesler AFB has active groups. Building community early helps.
- Give yourself 90 days. Before you judge whether the new place "feels right," give it time. New places take time to feel like home.

For Kids

- Let them pick one thing about the new home or neighborhood that excites them. Ownership matters.
- Keep one consistent routine from the old location—same bedtime ritual, same Saturday breakfast. Familiarity is grounding.
- Normalize missing friends. It's healthy, not weakness. They can miss people and still build new friendships.

For the Retiring Service Member

- The identity shift is real. Moving from "active duty" to "civilian" is significant. Give yourself grace.
 - Build a new daily structure quickly. Even simple things—a morning routine, a weekly coffee spot—create stability.
 - The Gulf Coast has a strong veteran community. Connection is available. Reach out.
-

Page 6: Grounding Affirmations

Grounding Affirmations

You've navigated harder things than a moving truck. This is just the next mission.

Home isn't the address—it's the people and the peace you build there.

Solid ground isn't found. It's created—one decision at a time.

You don't have to have it all figured out. You just have to take the next step.



Page 6

Return to these when things feel overwhelming:

"You've navigated harder things than a moving truck. This is just the next mission."

"Home isn't the address—it's the people and the peace you build there."

"Solid ground isn't found. It's created—one decision at a time."

"You don't have to have it all figured out. You just have to take the next step."

Page 7: A Word About Support & Contact

A Word About Support

Please remember that the wellness tips and information provided here are intended for general guidance and not for professional mental health advice. If you or someone you know is struggling, please seek assistance from a qualified professional.

A valuable resource for military members and families is
Military OneSource: militaryonesource.mil

You've Got This!

Believe in yourself and your resilience. You are capable of amazing things.

Anthea Daugherty, REALTOR®
Keller Williams Gulfport
anthead@kw.com

Scan for more resources



Page 7

The wellness tips and stress management suggestions in this guide are offered as general, practical support from one military family member to another—not as professional mental health advice. I am a REALTOR, not a mental health consultant or licensed counselor.

If you or a family member are experiencing significant emotional distress during your transition, please reach out to a qualified mental health professional.

Military OneSource (militaryonesource.mil) offers free, confidential counseling for service members and their families. It's a trusted resource available to you, and it's a wonderful place to start.

You've Got This

Your PCS move to the Gulf Coast is a new chapter—one you're strong enough to navigate. I'm here to handle the real estate side so you can focus on what matters: your family, your transition, and finding your solid ground.

Ready to talk about your move?

Anthea Daugherty, REALTOR® Keller Williams Gulfport anthead@kw.com

PDF Specifications

- **Format:** 7-page PDF
 - **Dimensions:** 8.5" x 11" (standard letter size)
 - **Colors:** Cream (#fdfbdd) background, Navy (#170F30) text, Copper (#AD6F3B) accents
 - **Typography:** Elegant serif headers, clean sans-serif body text
 - **Branding:** Lighthouse logo, QR code linking to <https://anthea-daugherty-realty.sintra.site>
 - **NAR Compliant:** Yes — includes agent name, REALTOR® designation, brokerage, contact info
 - **Ready to:** Print, email, share as lead magnet, add to website
-

How to Use This Guide

1. **Lead Magnet:** Add to your Military Retirement Move Funnel as a bonus download
 2. **Email Sequence:** Share in email #3 or #4 of your 5-email nurture sequence
 3. **Client Handout:** Print and give to military clients during onboarding
 4. **Social Media Content:** Pull individual sections and create weekly posts
 5. **Website:** Add to the lead magnet section on your homepage (upcoming task)
 6. **Print Marketing:** Include with direct mail postcards to military families
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