



5 QUICK TIPS

Strengthen Yourself for PCS

- 1 Help yourself with energy management**
Focus on the tasks over which you have control and make sure to schedule time for recovery after the move.
- 2 Refill your emotional piggy bank**
Make time to do something special with friends and loved ones before your Permanent Change of Station.
- 3 Explore the new neighborhood - virtually!**
Get everyone excited about the move by planning three things to do as soon as you get to your new home.
- 4 Know the rules about Permissive Temporary Duty (PTDY)**
Think and plan ahead to make the most out of your PTDY and leave.
- 5 Say, 'til we meet again**
In the Army we never say goodbye but see you next time.

