



## Work Related

### **NEW ASSIGNMENTS/PERMANENT CHANGE OF STATION (PCS)**

One of the most challenging aspects of working for the military is a Permanent Change of Station (PCS). Though some members and/or families do become more skilled at moving, the stressors associated with a PCS move can be daunting.

#### **Signs Wingmen Should Know/Look For**

- Individuals or families that have trouble fitting in or establishing social relationships.
- Personnel who display problems at work or signs of stress, depression, or anxiety.
- Personnel who had a difficult time at their losing base.

#### **Recommended Wingman Action**

- Actively work to form relationships with new personnel. Find out about them and their families and help them to locate needed services in the new area.
- Don't assume personnel are "settled in" or "adjusted" after a few weeks or months. Continue to inquire about adjustment and ongoing needs.

#### **Leadership Considerations**

- Communicate history with gaining unit for those personnel who were at risk for the issues noted above during their time in the losing unit.
- Allow them adequate time to in/out-process and for orientation/training at the new assignment.
- Ensure the Airman is connected to the Airman and Family Readiness Center.
- Ensure the unit has a proactive sponsor program.
- Inquire if the member or their family members have special needs that require special or immediate attention, or if they are currently coping with additional stressors.
- Schedule a "get to know you" meeting and personally introduce the member to key unit personnel.