



# BRING CLARITY TO PCS EMOTIONS

meditation + journaling activity

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# ARE YOU IN THE STOP, GET READY, OR GO PHASE OF PCSING?

## STOP

Are you in denial?

## GET READY

Are you emotionally ready for change?

## GO!

I have a plan. Bring it on!

This meditation and journaling activity starts with addressing concerns and identifying hopes, and ends with finding clarity. Taking action steps during PCS season will help your family get on board with the move and will help you feel empowered and in control.

Grab your journal and your favorite pen, and find a comfortable, quiet place to sit.

## STEP 1 | STOP

Close your eyes and take a few deep breaths to center your mind. Tune inward. Ask yourself what your concerns and hopes for this PCS move are.

## STEP 2 | GET READY

In your journal, make a column for concerns and a column for hopes. In each list, write down all the words that come up for you. For example, in concerns you might write leaving behind a friend, finding a job, helping children to transition. In hopes, you might write find a great home, make new friends, find a yoga class, connect kids to fun activities.

## STEP 3 | GO!

Clarity here we come! Write down the action steps you will need to take to help you clarify and process your thoughts. For example, if your concern is leaving your friend, plan a time and day of the week that you will connect. Make it a regular occurrence. Or if your child is anxious about transitioning to a new school, sit down and look at the school website together pointing out the great things the school has to offer. Plan a visit to the school. See if there are kids in the community that you will move into that you can connect your child with now before the move. Or under hopes, you may plan to visit a yoga studio, setting a time and date to visit and try out a new class. Or perhaps you desire to get back into the workforce. Schedule time to research opportunities, update your resume, and reach out to the places that pique your interest.

Delve deeper into empowering your life, with Navenka's book *Holding Down the Fort - The Military Spouse's Guide to Surviving and Thriving*. Now available on Amazon!