

# Staying in Touch with Old Friends

## Podcast Transcript

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Finding out about another move can leave you feeling angry, sad, or worried about the future. You may be wondering: How am I going to say goodbye to all my friends? How am I going to make new friends? But just because you're moving, it doesn't mean you have to lose touch with your old friends — especially with the Internet and cell phones, it's easier than ever before.

First, remember staying in touch takes work. It won't happen if you and your friends don't make a regular effort. So think about what will be easiest for you. Will Facebook or another social networking site work best? What about weekly emails? Monthly phone calls? If you plan this out ahead of time, you're more likely to stick to it.

Then, get an address book or create one online and make it a point to get everyone's address, phone number, email address, and birthday. When you start to feel lonely, pull this out and call or write someone.

Use the Internet as much as possible. Think about setting up a blog to write about your new experiences or even a personal webpage where you can post stories, pictures, and videos. You can also use all the stuff you probably use already—Facebook, instant messaging, email, and Twitter. Knowing the day-to-day stuff going on in your friends' lives can make it feel like you're as close as ever.

Create a scrapbook or a journal for those tough times you know you'll have. At some point when you're feeling down, it'll be nice to pull out a scrapbook and look at some old pictures or mementos.

And remember, people and friendships change. You and your best friend have a lot of great memories to hold onto, but that doesn't mean things will always stay the same. We have different friends for different parts of our lives and there are great new friends waiting for you at your new location.

To read more about staying in touch with old friends, be sure to visit Military Youth on the Move! Our website has great tips and resources written just for you—not only about things that come up when you move, but on other topics like saving money, writing a resume, and much more.

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For more information, visit Military OneSource at <http://www.militaryonesource.mil>, an official Department of Defense website.