

Making Connections

Podcast Transcript

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Think about the connections you make on a daily basis. Maybe you speak face to face with members of your family over a rushed breakfast. Maybe you text back and forth with an old friend, make eye contact with a friendly stranger at the grocery store or interact with co-workers.

Connections can affect our moods, they can mold our attitudes and, sometimes, even our futures. If you want proof, think about how you felt after an argument. Now think of how you felt after your boss or teacher praised your hard work. Connections are powerful, so, of course, you want to make sure that you're making the right ones. But, do you know where to look?

If you're new to the military or you're just curious about what's out there for you, check out the connections waiting for you on Military OneSource or through a conversation with a knowledgeable consultant at 800-342-9647. Link up through the Military OneSource Social Media Hub, and stay in the loop 24/7 through Facebook, Twitter, Pinterest, Tumblr, YouTube and the one and only Blog Brigade. Military OneSource can also clarify the opportunities and services available on your installation so you know what you will find there.

If you're in need of a specialized connection on your journey toward health, enlist the support of your own personal health and wellness coach. Simply call 800-342-9647, and a consultant will help you register. Similarly, through the Confidential Help tab of the Military OneSource website, you'll find individualized support for challenges big and small with things like tax services, Spouse Education and Career Opportunities counseling, specialty consultations and confidential non-medical counseling. Connecting with someone who cares can make a tough situation manageable, so don't hesitate to reach out for support any time you need it. Dialing the Military OneSource call center can quickly connect you to the information and support you need.

Your installation also offers plenty of meaningful connections to help you make the most of your time spent there; your Family Readiness Group, Family Readiness Officer, Key Spouse Program or Ombudsman can provide information about activities and services that may interest you. Join other parents for playgroups or participate in social events. Sign up for a special interest club or a recreational sports team offered through Morale, Welfare and Recreation, or take advantage of one of their many outdoor recreational activities for some quality family time. And all service members and military family members can find installation volunteer opportunities. Employment opportunities may even be available for military spouses and children.

You might also find specialized support, similar to the services offered through Military OneSource, on your installation or in your community. Check with the Military and Family Support Centers for activities, events and channels of support, like the New Parent Support Program, wounded warrior support, military and family life counselors, personal financial counselors, the Exceptional Family Member Program, the Family Advocacy Program, service branch support programs, community programs and more.

No matter what stage of life you're in or what connections you seek, you can find the interactions, information and support you need to make the most of where you are and move to the next rung on your ladder.

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