



WHAT FACTORS MAKE MILITARY LIFE STRESSFUL FOR YOUR FAMILY?

Military spouses with the following demographic family factors report **more military-related stress**:



Female



Active Duty



Army, Navy,
and Marine Corps



Two or more
children



Spouses over
the age of 35



Spouses with the following demographic factors reported **more perceived support** from the military:

- ✓ Dual military
- ✓ Reserve/National Guard
- ✓ Hispanic
- ✓ Younger than 35

What kinds of assistance could your family use right now?

The DoD Office of Military Community and Family Policy aims to provide programs and services to support all military families, recognizing that military life can be more stressful for some than for others.

Visit Military OneSource at www.militaryonesource.mil to find out what resources and outreach may be most helpful for your family. We provide support on the following topics:

- [Moving and Housing](#)
- [Financial and Legal](#)
- [Education and Employment](#)
- [Childcare Services](#)
- [Health and Wellness](#)



Source: Corry, N. H., Williams, C. S., Radakrishnan, S., McMaster, H. S., Sparks, A. C., Briggs-King, E., Karon, S. S., & Stander, V. A. (2021). Demographic variation in military life stress and perceived support among military spouses. *Military Medicine*, 286, 214–221. https://academic.oup.com/milmed/article/186/Supplement_1/214/6119502



For more information, go to <http://www.familycohort.org>

The Millennium Cohort Family Study follows nearly 10,000 spouses of junior military personnel for 21 years to help the Department of Defense understand the needs of families and provide better support.

