

Beyond the Barracks: Structuring Wellness in Civilian Life



April 2026 | ISSUE 17

Community: **Pillars**



COMMUNITY



ACTIVITY



MENTAL HEALTH



RECOVERY & SLEEP



NUTRITION

Beyond the Barracks: Navigating the Summer PCS & Your Next Career Pivot

Team,

If your household looks anything like a giant game of Tetris made entirely of brown cardboard boxes right now, you aren't alone. **June is peak PCS (Permanent Change of Station) season.**

Whether you are packing up for one final military move, transitioning straight into the civilian sector, or a military spouse trying to keep a career on track while hunting for a new home, June brings a unique brand of chaos. It's hot, it's frantic, and your routine is likely out the window.

When your physical environment is in boxes, it is incredibly easy for your personal wellness and your career goals to get packed away with them.

This month, we are talking about how to maintain your momentum, find your footing, and structure your wellness when everything around you is on the move.

1. The Mental Health Pillar: Finding Stability in Micro-Routines

When you don't know what room you'll be sleeping in next week, long-term wellness goals feel impossible. The secret to surviving a high-stress summer transition isn't a massive lifestyle overhaul—it's **micro-routines**.

CONT. INSIDE ➡

MilConCareers.org is a nonprofit organization improving the military-connected community's transition experience through employer education, data driven research, and access to a network of job opportunities with military-ready employers.

The Vegetus Foundation is dedicated to helping Americans improve their quality of life through education on healthy living and has published the Nutrition Health Review since 1979. Learn more at nutritionhealthreview.com



**MILCON
CAREERS.ORG**



MENTAL HEALTH: NAVIGATING NEW EMOTIONAL TERRAIN

- **The 10-Minute Rule:** When your day is swallowed by moving trucks, housing appointments, or endless paperwork, claim just 10 minutes for yourself. A morning walk before the heat hits, a quick stretching session on the living room floor, or 5 minutes of quiet breathing can reset your nervous system.
- **Fueling the Move:** It's easy to live on fast food and energy drinks when you're on the road. Protect your physical energy by focusing on hydration and keeping simple, whole-food snacks packed in your go-bag. Your brain needs clean fuel to handle the mental load of a career pivot.
- **Remember:** You cannot build a successful civilian career if you burn yourself out before you even cross the starting line. Guard your energy.

2. The Career Pivot: Upskilling from a Suitcase

If you are currently job hunting or looking to pivot into a new industry, a summer move can feel like a massive roadblock. But you don't have to put your professional growth on pause. June is the perfect time to focus on low-intensity, high-impact **upskilling**.

If corporate hiring feels a bit sluggish right now due to summer vacations, use this time to build your toolkit. You can easily do this from a hotel room, an airport gate, or an empty living room:

- **Build Your MilCon Careers Profile:** Spend 15 minutes setting up or updating your profile on the

MilConCareers.org platform. Our system is built specifically to help you translate your military duties into a narrative of civilian transferable skills—like leadership, operations, logistics, and technical problem-solving—so military-ready employers can find you instantly.

- **Leverage Free Platform Resources:** Don't wait for a recruiter to call; take control of your transition right from your dashboard. Through our MilCon Careers partnerships, you have immediate access to free, self-paced upskilling and certification programs. Pick a high-growth pathway, tackle a module a day, and watch your resume grow even while your life is in transition.

3. Fueled for the Journey Ahead

Building a new life in the civilian sector requires the right community—and the right fuel.

As you navigate the twists and turns of this summer, remember that you don't have to do it alone. Connect with mentors, tap into the [MilCon Careers Community](https://MilConCareers.org), and take it one step at a time.

Before you tackle today's to-do list, take a second to pause, reset, and pour yourself a fresh cup. Grab your favorite mug (even if you have to dig it out of a box labeled "Kitchen") and fuel your mission.

Stay grounded, stay resilient, and keep moving forward.

The MilConCareers Team

Connecting Service, Structuring Success.

MilConCareers.org

verizon

edX

VERIZON SKILL FORWARD

Get in-demand skills for in-demand jobs,
at no extra cost to you.

MilCon Careers is partnering with Verizon Skill Forward to provide you with the skills to pave your path to new career opportunities with job-relevant programs from edX, part of Verizon's goal to make quality education accessible for all.

[Browse programs](#)





MENTAL HEALTH: NAVIGATING NEW EMOTIONAL TERRAIN

Transition to Your Next Career Pivot

Hey Team,

When you prepare to transition out of the military, you are given checklists for everything. There is a checklist for clearing housing, a checklist for filing VA claims, and a checklist for turning in your CIF gear.

But there is no official checklist for the massive psychological shift that happens when you take off the uniform for the last time.

For many veterans, the career pivot isn't just a change of job—it is a fundamental shift in identity. In the military, your purpose, your community, your daily structure, and even your wardrobe are clearly defined. Stepping into the civilian corporate world can feel less like a career advancement and more like learning to walk on a completely different planet.

If you are currently transitioning and feeling a mix of anxiety, isolation, or a sudden lack of direction, we want to say one thing clearly: **What you are feeling is completely normal.**

This month, we are focusing on the mental health aspects of the military transition and sharing practical strategies to help you stay grounded, resilient, and focused as you build your civilian future.

The Identity Shift: Understanding the Transition Blues

In uniform, you belong to a tight-knit unit bound by shared sacrifice and a clear mission. When you leave, that built-in safety net disappears. The loss of that tribal community is often what triggers transition anxiety.

Many veterans experience what psychologists call a "loss of felt purpose." Without a mission-driven environment, the corporate world can initially feel superficial or overwhelming.

Recognizing that this emotional dip is an inherent part of the decompression process is the first step. You aren't failing at transitioning; you are adapting to a massive cultural change.

3 Pillars to Protect Your Mental Health Today

To successfully navigate this culture shift, you have to build a new scaffolding for your day. Here are three mental health practices you can put into place immediately:

1. Build a New Daily Architecture

The military gave you an intense, predictable structure. When that structure drops to zero, mental health can decline rapidly. Don't wait for a new employer to tell you when to wake up.

Action Step: Create your own "battle rhythm." Wake up at the same time every day. Block out specific hours for job hunting, specific hours for physical fitness, and dedicated time to step away from screens entirely. Control your day so the uncertainty doesn't control you.

From Service to Success

★ Turn your military experience into a rewarding civilian career.

- Free career resources
- Military-ready employers
- Training and certifications
- Mission-focused support

★ **Start Your Next Mission – MilConCareers.org**

★ Your skills. Our mission. America's future. ★

2. Guard Your Nutrition and Sleep Hygiene

Your gut and your brain are constantly talking to each other. When we are stressed about interviews or finances, we tend to skip meals, rely on ultra-processed foods, or abuse caffeine and alcohol. This directly disrupts deep sleep cycles and spikes anxiety. Learn more at nutritionhealthreview.com

Action Step: Focus on nutrition by addition. Instead of severely restricting yourself, focus on adding whole, nutrient-dense foods (like lean proteins and fiber-rich greens) to your plate to keep your blood sugar steady.





MENTAL HEALTH: NAVIGATING NEW EMOTIONAL TERRAIN

Build a consistent evening routine—cutting out screens 30 minutes before bed—to protect the sleep your brain needs to handle stress.

3. Seek out "Military-Ready" Spaces

Isolation thrives when you feel misunderstood. Networking with civilian corporate managers can sometimes feel exhausting if you feel like you are speaking two different languages.

Action Step: Lean on communities that already speak your language. When looking for work, focus your energy on certified "**Military-Ready**" employers—companies that actively understand veteran culture and are structured to support your onboarding.

Let MilCon Careers Carry Part of the Weight

You spent your career looking out for the person to your left and right. Now, it's our turn to look out for you. The transition is too heavy a load to pack by yourself, and you don't have to navigate it alone.

Take advantage of the free, supportive ecosystem built directly into your [MilConCareers.org](https://milconcareers.org) profile:

Take the Stress Out of the Job Search: Stop staring at empty search bars wondering how to translate your MOS. Drop your military background into your MilCon profile, and let our

tailored platform match you directly with employers who know exactly what your leadership and discipline are worth.

Invest in Yourself for Free: If you're feeling stagnant, action is the best antidote to anxiety. Log into your dashboard to access our free, self-paced upskilling and certification programs through our Verizon and edX partnerships. Give your brain a concrete task to focus on today.

Take a breath, reset your shoulders, and remember that your service gave you a profound deep well of resilience. You've conquered harder environments than this one.

Pour yourself a fresh cup of [MilCon Coffee](https://milconcareers.org), log into your dashboard, and let's take the next step together.

The MilConCareers Team

Advancing the Military Community—One Career at a Time.

[MilConCareers.org](https://milconcareers.org)



Flu-Fighter Garlic Soup



Nutrition Information

Calories: 196.6; Total Fat: 9.7g; Saturated fat: 1.2g; Unsaturated fat: 7.3g; Cholesterol: 0.0mg; Total Carbohydrate: 24.2g; Sugars: 5.2g; Dietary Fiber: 3.0g; Protein: 4.2g; Sodium: 650mg; Potassium: 207.9mg

- 3 tablespoons extra-virgin olive oil
- 1 large onion (chopped)
- 5 cloves garlic (minced)
- 1 large carrot (chopped)
- 5 mushroom caps (chopped)
- 1/4 cup of chopped coriander
- 1/2 cup quinoa or lentils
- 1/8 teaspoon turmeric powder
- 6 cups water or vegetable broth
- To taste: salt and pepper

Directions:

Prior, boil 2 cups of water in a pot. When the water is finished boiling, add either the quinoa or lentils and let them simmer for the time recommended on their label.

1. In a medium- to large-size pot, heat oil for a minute and then sauté the onion and garlic while adding the turmeric powder and some pepper.
2. Add the carrots, mushrooms, and coriander, letting them cook for a few minutes.
3. Stir in the vegetable broth or water, along with the quinoa or lentils. Let simmer for 15 to 20 minutes, stirring occasionally. Add more pepper and salt if you chose.
4. Finally, add the kale or spinach. Let everything sit in the pot for a few more minutes before serving.

