



TIPS FOR LIVING SINGLE IN THE FOREIGN SERVICE

Prepared by FSI's Transition Center/Center of Excellence in Foreign Affairs Resilience

1

Seek resilience resources

TalentCare, FSI/Transition Center trainings, and Employee Consultation Services are a few examples.

Set realistic expectations

Before going to post, talk to others who can give insights into challenges singles might face and check out tips in the Overseas Briefing Center's Post-Info-to-Go site.

2

Know your benefits

The Department offers many benefits, allowances and workplace flexibilities for all employees. Take advantage of programs like WorkLife4You and Advance of Pay.

3

Make mental health a topline priority

Plan ahead, use your leave, and make time for rest and recovery. Actively seek help before there is a critical issue.

4

Focus on what you can control

Think of yourself and your energy as an investment. Invest where you will earn the greatest dividends.

5

Plan joyful moments

Register for a class. Plan a weekend adventure. Partner with the CLO to organize an activity that interests you and the community.

6

7

Invest in social support that energizes

Make new friends. Say yes to invitations. Extend invitations. Actively nurture relationships with loved ones.

Expand your perspective

Gain a more complete view of your world by seeking out colleagues and friends for alternate perspectives.

8

9

Prepare for arrival

Pack your luggage and UAB based on what you need to thrive during your first weeks at a new assignment.

Pay it forward

Contribute to a better understanding of post realities for singles by submitting an OBC Personal Post Insight survey.

10

Developed based on feedback from participants in the Living Single in the Foreign Affairs Community webinar series (February 2021)