



Pre-Deployment

Survival Tactic #6: Set up an outsourcing plan

(Excerpt from the book *America's Hidden Heroes: Survival Tactics for the Families of our Military Forces*)

Since my husband was an Active Duty National Guardsman, we found that he received additional pay as a result of his deployment to Afghanistan. We received a Family Separation Allowance, Hostile Fire Pay (which doesn't cover my opinion of what he's worth!), and had the income tax relief afforded to those in combat zones.

Because we researched the expected pay ahead of time, I was able to see clearly that we could pay for someone to deep clean my home once per month, and for an independent landscaper to mow my lawn. These simple "outsourcing" measures saved me many hours of stress!

We identified where I would take the cars, who I would call for the air conditioner and other appliances, and which of his friends had volunteered to help me. I had phone numbers, email addresses, brochures and websites all at my fingertips for any needs that might come about. This gave me a sense of confidence in areas that I had not previously been involved in, and made the tasks more manageable when issues did arise.

By researching and planning, we were able to effectively prepare for our separation, and to anticipate upcoming stressors.

Questions to consider:

- What potential needs might I have during this time?
- Who will I contact?
- Who are our service providers?
 - Car
 - Home
 - Exterminators

- Plumbers
- Others

With a firm belief that she is serving her country as a military wife, **Amy Stevens**, author of ***America's Hidden Heroes: Survival Tactics for the Families of our Military Forces***, shares methods for improving relationships and dealing with the emotions that surround a deployment. Her book can be purchased from [Amazon.com](https://www.amazon.com) or from the [America's Hidden Heroes website](http://www.americashiddenheroes.com). She's available for speaking engagements and can be reached by calling (512) 259-4757 or by sending an email to amy@americashiddenheroes.com.