



LIFELINK NEWSLETTER

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Celebrate the 21 Days of Total Sailor FITmas this Holiday Season!

While the holidays are considered “the most wonderful time of the year,” they’re not without challenges that can impact overall health – from physical fitness, to emotional well-being, relationship strength, financial readiness and more. This year the *Every Sailor, Every Day* campaign has the resources you need to proactively navigate holiday stress and build resilience throughout the season and into 2016. From December 14, 2015 through January 3, 2016, the campaign will promote the “21 Days of Total Sailor FITmas,” providing a daily dose of quick tips and tricks to help keep the happy in the holidays.

Each of the 21 days will focus on navigating holiday stress related to a particular area of Total Sailor Fitness, providing Sailors and their families with resources to care for themselves physically, spiritually, emotionally, financially and psychologically. Through collaboration across and beyond the 21st Century Sailor Office, the 21 Days of Total Sailor FITmas will address topics such as navigating transitions and deployment during the holidays, fitness and nutrition tips to avoid seasonal weight gain (and guilt!), the impact of alcohol on stress navigation, strengthening relationships, finding meaning and more. Complementary to the “1 Small ACT” message, the 21 Days of Total Sailor FITmas will highlight the little things that we can do as shipmates, leaders and family members every day to make a big difference and a positive impact in the lives of ourselves and of others.

This holiday season is the perfect time to exercise **Controllability** by gifting yourself with healthy habits and coping strategies. To help you and your shipmates identify stress reactions, a new **Stress Continuum graphic** is available for use on social media. This graphic is ideal for promoting at-a-glance understanding of the Stress Continuum Model, illustrating each stress zone on a thermometer just in time for the season’s changing temperatures. Look for the new Stress Continuum graphic on our social media channels during and beyond the 21 Days of Total Sailor FITmas for sharing with shipmates and family. The graphic is also available for download on the Navy Operational Stress Control website (www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/osc/Pages/default.aspx > Background).

You can help your shipmates and family celebrate the 21 Days of Total Sailor FITmas by following Navy Operational Stress Control on Facebook (www.facebook.com/navstress), Twitter (www.twitter.com/NavStress) and Wordpress (navstress.wordpress.com), and by encouraging others to do the same. You can also spread holiday cheer by contributing to the **1 Small ACT Photo Gallery**. Give your shipmates and the entire Navy community the gift of commitment by submitting a photograph of yourself or your shipmates holding the 1 Small ACT sign (available in our toolkit [here](#) or on Navy.mil [here](#)), personalized with your example of a small act that can make a difference in the lives of your shipmates during the holidays or all year long. Submissions will be published to our Facebook page. FITmas is almost here – join us as we help you and your family stay fit from the inside out!



Lifelink Spotlight

Demonstrating commitment to *Every Sailor, Every Day* extends beyond Suicide Prevention Month (September). To that end, Sailors aboard the USS Bonhomme Richard (LHD 6) and from the Office of Naval Intelligence have made it their mission to sustain momentum through ongoing participation in the 1 Small ACT Photo Gallery.

Organized by command chaplain Lt. Luke Dundon, USS Bonhomme Richard Sailors banded together and submitted over 200 photos for the gallery while forward deployed. "More than ever do we appreciate the value of suicide prevention programs...we've only just begun to advocate for suicide prevention!" said Dundon. Participants ranged from junior Sailors to the ship's Commanding Officer, Capt. Jeffrey A. Ward. Look for their photos on our [Facebook](#) page over the coming weeks.

Showcasing their creativity, a group of Sailors attached to the Office of Naval Intelligence in Washington, DC produced a "1 Small ACT" public service announcement (PSA) video. The PSA features Sailors describing examples of small acts that have made lasting impacts on their lives. One Sailor recalled a time when he'd misplaced his wallet and was unable to purchase food for a couple of days. Unexpectedly, he received a letter in the mail from his childhood Sunday school teacher that contained money. The timeliness of this random act showed him that "someone is always watching out for you." The video is available on our [YouTube channel](#) at www.youtube.com/watch?v=E-FW0HSPQ7Q.

Bravo Zulu shipmates!



*What will you do to promote suicide prevention in your community? 1 Small ACT can make a difference and save a life. You can share your small act with the entire Navy community by personalizing your **1 Small ACT Sign** and sending a photo of yourself with your sign to suicideprevention@navy.mil. Your photo will be posted in the 1 Small ACT Photo Gallery on our [Facebook page](#). Submissions will be accepted through August 31, 2016. For more details, click [here](#). Together, we can be there for Every Sailor, Every Day.*

Resilience Corner

Strengthening Connection While Miles Apart

While the holidays are usually a time for family gatherings, many Navy families will be celebrating the holidays apart from loved ones due to deployment, temporary duty status, relocation or other circumstances. While



Sailors may enjoy the spirit of the season through camaraderie with their shipmates and celebrations within their commands, maintaining connections with those back home is important too. With a little effort—and a little bandwidth—you can stay engaged with your loved ones this holiday season. Here are a few tips:

- **Enjoy a cherished holiday movie or book "together."** Perhaps you and your children watch the same holiday movie each year, or you and a sibling or parent built memories watching a seasonal classic growing up. If you are able to locate this film on DVD locally, schedule time with your loved one(s) to watch it and chat online through social media or email. Similarly, you may choose to share a book together over the course of a few weeks and write each other emails about each section you've read. Activities that you can enjoy together while apart build connection and add new dimension to your communication.
- **Schedule a Recipe-Share Night.** This one is particularly fun if you're in staying in a barracks with limited access to a full kitchen. Share your favorite barracks-recipe with your family and pick a night that you can both prepare that meal and enjoy it "together." Give them a call to hear their experience preparing the meal with only the ingredients and resources you outlined for them. The simplicity of the meal is sure to be a conversation starter! Ask them to create a new barracks-friendly recipe for you to try next time.
- **Use Social Media to Stay Connected.** Get creative with your social media posts this season! Find an item like a toy elf or teddy bear that you can photograph in unlikely places on your ship, or start a new hashtag that you and your loved ones will use to post photos based on a selected daily theme. You could also submit a new photo to the **1 Small ACT Photo Gallery** and tag a friend or family member asking them to post one and pass it on. This is a great way to engage in something meaningful during the holidays while showing support for your shipmates.

Being apart from friends and family is an opportunity to find new ways to connect and put a spin on existing traditions, but separation can be stressful. Remember, help is always available. Call the Military Crisis Line at 1-800-273-TALK (option 1). In Europe, call 00800 1273 8255 or DSN 118. Those stationed abroad can also utilize MCL's [online chat services](#).

News and Resources

Keep Your Budget in the Black this Season [NavyNavStress](#)

CNO Identifies 4 Core Attributes to Guide Navy Leaders [Navy.mil](#)

Strengthen your Well-Being through Spiritual Fitness [NavyNavStress](#)

Take the *Keep What You've Earned* Campaign's "Give the Gift of a DD" Pledge [Max.gov](#)

'New to the Navy' Mobile App Provides Answers to Common Questions [Navy.mil](#)

You Can Manage Holiday Stress, These Apps will Help [DCoE Blog](#)

Forgiveness: A Gift to You and Yours [HPRC](#)

How to Tell Family Members about Mental Health Concerns [DCoE Blog](#)

Wounded Warriors to Take Part in Invictus Games Orlando 2016 [Navy.mil](#)

The War on Tobacco is an All Hands Fight [Navy Medicine Live](#)

Coming Up...

Pearl Harbor Remembrance Day
December 7

US National Guard Birthday
December 13

21 days of Total Sailor Fitmas
December 14 - January 3

Impaired Driving Prevention Month
December

SPC Training Webinars
January 13, 1000
January 28, 0800
February 11, 1400
February 23, 1000
[Register Here](#)

Coming Soon: Commanding Officer's Suicide Prevention Program Handbook

Navy Suicide Prevention is committed to providing the fleet with practical tools to proactively address and minimize suicide risk factors, strengthen protective factors and be ready to respond in the event of a crisis. Leaders play a critical role in helping to fulfill this commitment by connecting with their people, building a sense of community and breaking down the barriers that may prevent early intervention and support. These are key ingredients for a robust command Suicide Prevention Program, and ultimately encompass the true meaning of being there for *Every Sailor, Every Day*.



To support these efforts, Navy Suicide Prevention has developed the "Commanding Officer's Suicide Prevention Program Handbook." This resource is organized into six key sections—Establish a Foundation, Foster a Supportive Environment, Build Skills, Be Prepared, Assess & Intervene, and Reporting & Postvention—guiding commanding officers (COs) through the essential elements of executing a robust deckplate Suicide Prevention Program. It contains useful and up-to-date information, policy guidance and educational tools to build a command climate supportive of psychological and emotional well-being—from prevention, to intervention and response.

While the handbook is designed for COs, it was developed with suicide prevention coordinators (SPCs) in mind. SPCs are integral to the success of any local Suicide Prevention Program by helping their CO manage day-to-day program responsibilities. For example, COs should maintain ongoing engagement with Sailors to promote active dialogue about psychological health. To assist, SPCs can locate tips for generating safe discussion about psychological health in the handbook, and can also find information on integrating Operational Stress Control and Total Sailor Fitness into daily practice to promote comprehensive wellness.

Another responsibility of SPCs is to ensure that the command's crisis response plan is updated and that key personnel are familiar with procedures. The handbook includes tips and considerations for developing a tailored crisis response plan, as well as an updated Suicide Prevention Program checklist to help CO's and SPCs monitor readiness.

Additionally, the Commanding Officer's Suicide Prevention Program Handbook provides tools that address many frequently asked questions regarding policy, available training resources, reporting requirements, evidence-based prevention and intervention tools and more. It also provides a comprehensive list of informational sources, crisis support services, definitions of key terms and historical data.

The Commanding Officer's Suicide Prevention Program Handbook will be available for download from the Navy Suicide Prevention website this month. For optimized mobile-device and desktop viewing, the handbook will also be available on Navy Suicide Prevention's **Issuu** page. **SPCs will be provided with the direct links for download and viewing via email**, and should ensure that a printed copy is kept in an easily accessible place at the command.