ACT LIFELINK NEWSLETTER

Page 1
Feature: Thrive in 2014
Tracking Santa
News You Can Use

Page 2
LifeLink Spotlight
Resilience Corner

Page 3
Feature: Navigating Transitions
Upcoming Events
News You Can Use

RESOLVING TO THRIVE IN 2014

Maybe 2013 was the best year yet with exciting career opportunities and advancements or the birth of a child. Or maybe 2013 challenged you in ways you have never experienced before and the New Year is your chance to start fresh. Whether your glass was half empty or half full, the ringing in of 2014 can be your chance to reflect, resolve and THRIVE. Here are a few resources to take the stress out of the more common New Year's resolutions:

Manage your money – Whether you are planning to buy a home, expand your family, or just solidify your financial future, being a good steward of your money is key to balancing out your wants and needs. Check out our guest blogs from financial expert Stacy Livingstone-Hoyte, particularly "Declare Financial Independence in 2013" and "Fall into Healthier Finances."

Get in shape – Maybe you are thinking of joining a gym or are seeking ways to maintain physical readiness while on deployment. Don't put it off any longer! Check out the Navy and Marine Corps Public Health Center's (NMCPHC) dedicated resources to helping Sailors enjoy Active Living and our blog, "Exercising in Small or Confined Spaces."

Eat a well-balanced diet – New Year, no excuses! Let 2014 be the year you lose that last 10 pounds or perhaps commit to healthier eating. Either way, before you turn to a fad diet that may not be sustainable, explore NMCPHC's Healthy Eating product and topic areas to set you up for success! Navy Nutrition's website also has some great resources in the "Eaters" section.

Break the habit – Perhaps you are ready to quit your use of tobacco products or practice responsible drinking. The Navy Alcohol and Drug Abuse Prevention (NADAP) site has information and resources for substance abuse prevention, to help you Keep What You've Earned. No more butts! If you're going to commit to quit, see NMCPHC's resources for tobacco-free living.

Strengthen your relationships – This is one resolution that can apply to anyone, but is often the most overlooked. Long workdays, deployments, and the churn of Navy life can take a toll on Sailors and loved ones alike. Staying connected with your family, friends and peers is just as important to your emotional wellbeing as fitness or sleep is to your physical wellbeing. Human Performance Resource Center offers great tips for making—and keeping—Relationship Resolutions.

Regardless of what you and your family may resolve, either individually or together, exercise the 5 Principles of Resilience to help navigate your 2014 and make it one of your best years yet. Remember that challenges are inevitable, so use the New Year as an opportunity to update your Stress Navigation Plan so you can stay ready and resilient—and thrive.

U.S. Navy Support Facility Diego Garcia Sailors helped us Track Santa. Click above to view their photos and check out these NORAD Tracks Santa coloring pages submitted by Navy kids!

NEWS YOU CAN USE

The Credit Card Statements are Coming in...Now What? NavyNavStress

Comfort Foods can be Healthy Too NavyNavStress

CNO's 2014 Message to the Fleet Navy Video Update

NavyTHRIVE Infographic NMCPHC

CSADD Monthly Topics Announced for 2014 Navy.mil.

Life Counts! Ask Care Treat

LIFELINK NEWSLETTER

LifeLink Spotlight

Special Spotlight: All Hands Magazine's "Random Acts of Kindness"

Throughout December, *All Hands Magazine*'s Facebook page shared Sailors' "Random Acts of Kindness." Amidst the holiday cover photo contest submissions and recent articles were stories of genuine and selfless moments that made a difference in the lives of peers and local community members—even strangers.

Reflecting on the moments that you've helped others expecting nothing in return, or when others have helped you, can be motivating during stressful and challenging times. One Sailor described her airport experience heading off to A-School when a stranger offered to pay the overage fees for her seabag and bought her a meal. "In the 9 years that I have been in [the Navy] I will never forget that moment." She now pays it forward by volunteering in anyway she can, including working with Rwandan widows and orphans of the 1994 genocide.

Another particularly remarkable story recounted a matter of life and death—literally. A group of Seabees happened to be in the right place at the right time when a woman and her two children were in a vehicle that was teetering over the edge of a freeway bridge. First Responders needed a forklift to prevent the vehicle from plunging forward during rescue attempts. The Seabees sprang into action and were able to assist firefighters in stabilizing the vehicle—with a forklift—so that it could be pulled to safety.

And just in time for the holidays, a toddler ran up to a Sailor while shopping in the mall with her mother, mistakenly thinking that he was her deployed father. After her mother explained the confusion, the little girl asked the man if the gifts in his shopping bag were for her. The stranger replied by saying that her dad sent him to give her the gifts—a Barbie dream house and a car! The Sailor, a Chief, expected nothing in return and said "Merry Christmas" as the girl delighted in the new toys—and the idea that her father sent someone to personally deliver her Christmas gifts.

The many stories that *All Hands Magazine* featured, and the countless other untold ones, illustrate how Sailors thrive in their communities both on and off the clock. Thanks, *All Hands Magazine*, for fostering a sense of pride to lead us into 2014!

Resilience Corner

How will you stay resilient in 2014?

Whether you're into setting New Year's Resolutions or just committed to making progress every year, make a pact with yourself to stay resilient in 2014. This month, take a moment to think about the personal goals (mental, physical, career, etc.) that you'll set for the upcoming year and consider how resilience will help you achieve those goals. The Real Warriors Campaign is encouraging Service members to share their pledge to stay resilient in 2014. Fill out this postcard (write big and use marker!) and direct message them on Facebook with a photo of yourself holding up the card. Your photo may be shared on their Facebook page (www.facebook.com/realwarriors). Inspire yourself and your community for a great start to your new year!

Navy and Marine Corps Public Health Center Releases NavyTHRIVE Infographic

In 2013, Navy Suicide Prevention and Operational Stress Control programs introduced the *NavyTHRIVE* campaign, promoting the next step in building resilience by solidifying the relationship between personal responsibility and supportive communities. Navy and Marine Corps Public Health Center (NMCPHC) recently produced a comprehensive NavyTHRIVE Infographic to help illustrate what it means to *thrive*. The graphic depicts the importance of community support and the individual elements that help us "emerge stronger after navigating a stressful experience." Click the image to view the full version or visit NMCPHC's Health Promotion and Wellness page. While you're there, check out their resources for Healthy Weight Month (January) to help you manage your waistline and promote a balanced diet all year long. Educational materials for your command can be found in NMCPHC January Health Promotion Toolbox, available here.

Life Counts! Ask Care Treat

LIFELINK NEWSLETTER

January Events

Healthy Weight Month (NMCPHC)

Birthday of Martin Dr. Luther King, Jr. (Observed)
Jan. 20

SPC Basic Training Webinar
Jan. 23
Feb. 13
Register Here!

Contact Navy Suicide Prevention
Email Us | Website
Follow Operational Stress Control Online...

What's Next? Navigating Transitions, Part 1

Transitions are an inevitable part of life, especially for Sailors. Even the most anticipated transitions can bring about as much stress and fear as they do excitement (recall your first months in the Navy or the birth of a child). Transitions encompass everything from a leadership change, to marriage, divorce/break-ups, Permanent Change of Station, deployment, and retirement/separation from service. Each of these situations presents an opportunity to adapt to new circumstances, building resilience. Yet they may also interfere with your usual strategies for navigating stress.

You may face leaving your support network including friends, shipmates and leaders that you've come to trust and confide in, or feel like you're going to be outside of your comfort zone in a new environment or phase of life. Maybe your upcoming transition will impact your finances or time management, or maybe you're facing a major lifestyle change by leaving a geographic area that particularly suited your family's needs. Even with smaller transitions, like career advancement, your existing fitness and wellness routines may be disrupted (including diet and nutrition). Regardless of the type of transition, recognizing that life will be different can be overwhelming at times, particularly when you encounter an unfamiliar situation or are managing multiple changes. It's important to step back and evaluate how you can set yourself up for success in any situation. The 5 Principles of Resilience (Predictability, Controllability, Relationships, Trust and Meaning) can help you, your family and your command be more prepared, manage expectations, stay connected—and thrive.

Over the next few issues of LifeLink, we'll be discussing ways that Sailors, leaders and families can successfully navigate the various transitions that may be encountered during a Navy career (including the transition between a Navy and civilian career). We'll also address how to recognize and assist a shipmate who is having difficulty navigating change, intervening before their struggles escalate into a life or emotional crisis. One critical key to success is a supportive command climate, with cohesion and open communication.

Stay tuned next month when we discuss how to leverage Predictability and Controllability to help you make your next move your best move. Until then, remember "what the caterpillar calls the end of the world, the master calls a butterfly." —Richard Bach

More News You Can Use

21st Century Sailor Office Working with NCIS NavyLive

Build Resilience to Maximize Mission Readiness Real Warriors

NAMI Homefront Helps Educate Military Families and Veterans NAMI Blog

Keep Your Exercise Resolutions with Help from an Activity Tracker HPRC Online

Keep the Happy in the Holidays: Wrapping Up HPRC Online

Popular New Year's Resolutions USA.gov

NORAD Tracks Santa Program Breaks Record Defense.gov

A Story of Love and Survival All Hands Online

Beat the Winter Doldrums Health.mil

Relationships and Financial Stress Military OneSource

USS Howard Sailors Operate Forward, Spread Holiday Cheer with At-Risk Youth Navy.mil

Resource Spotlight: Moving Forward, Overcoming Life's Challenges Nat'l Center for Telehealth and Technology

Life Counts! Ask Care Treat