ACT LIFELINK NEWSLETTER

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Taking Steps to *Thrive*

Definition of THRIVE (Merriam-Webster)
1 : to grow vigorously : FLOURISH
2 : to gain in wealth or possessions : PROSPER
3 : to progress toward or realize a goal despite or because of circumstances

Navy defines resilience as "the capacity to withstand, recover and/or **grow** in the face of challenging circumstances." At times when we're the most stressed it may seem like it takes all of our strength just "withstand" the storm, and recovery just returns us to where we were before. But when do we achieve growth, the third phase of resilience? How do we gain from our trials for a full triumph? We have to take personal action so that we can *thrive.*

The ability to thrive is the next step in building resilience, solidifying the relationship between personal responsibility and supportive communities. To thrive means "to grow vigorously: FLOURISH," "to gain in wealth or possessions: PROSPER" or "to progress toward or realize a goal despite or because of circumstances" (source). When we add this to our toolkit, every challenge, every stressful mission, and everything in between gives us the opportunity to reach a new height of achievement and strength—improving individual and mission readiness. That is the goal of the new 21st Century Sailor Office (OPNAV N17) communications campaign, "NavyTHRIVE;" to encourage Sailors, commands, families and civilians to *empower themselves* by taking personal responsibility for their health, wellness and growth—the next step in building resilience.

Over the next several months, we'll be discussing steps you can take to climb the ladder from awareness to positive action when it comes to life's stressors. Social connectedness, unit cohesion, and a sense of purpose all strengthen resilience and serve as protective factors during stressful situations. The first two factors are based on a sense of community, but the last one is heavily influenced on our own views of our abilities and our perceived value. "NavyTHRIVE" aims to empower individuals to not only take advantage of support networks, but promote personal growth through self-sustainment and capability. We don't want you to just "bounce back" from adversity—we want you to be able to emerge stronger and healthier than ever before so that life's next hurdles don't seem insurmountable. We want our Sailors to *thrive, not just survive.*

Click here to watch Real Warriors Video Profile of Cmdr. Steve Dundas, Navy Chaplain

"You can't go back to where you were, you have to adapt to where you are."

More News You Can Use

Taking Steps to Thrive
NavyNavStress

Navy Wounded Warriors Selected for Elite Athletic Competitions Navy.mil

PTSD Myths and Misconceptions, PT 2
Warrior Care

Apple's Siri Can Be First Call for Users Thinking of Suicide
ABC News

Life Counts! Ask Care Treat

LIFELINK NEWSLETTER

LifeLink Spotlight

Naval Station Guantanamo Bay's Junior Enlisted Association (JEA) and Coalition of Sailors Against Destructive Decisions (CSADD)

Naval Station Guantanamo (GTMO) Bay's JEA and CSADD chapters' dedicated junior Sailors have accomplished some great things at this remote duty station. Local JEA president, YN2 Curtis Dryman, and local CSADD chapter president LS2 Adrianne King work collaboratively to unite the two groups, focusing on efforts to promote cohesion and responsible decision making for their shipmates and community. Together, the two organizations have volunteered to patrol the base clubs on weekend nights as an added safety precaution. Given GTMO's diverse armed service and foreign national population, their outreach efforts have helped to ensure that all those on the base can enjoy a safe social environment with a little extra reassurance.

U.S. Navy photo by Mass Communications Specialist Seaman Jason C. Bawgus II / Released

The JEA and CSADD groups also work to encourage healthy lifestyle choices among their shipmates. They've formed a weekly run club for physical activity and social cohesion, and also held a barracks barbeque for July 4th. The cookout was free for all junior Sailors, providing them with an enjoyable liberty environment *without* the use of alcohol.

These Sailors work hard to reinforce the importance of community and a sense of purpose from helping fellow shipmates. Keep up the great work!

Who will be next in the spotlight? Nominate your proactive SPC, caring shipmate or leader, or your entire command for their efforts to build a sense of community and prevent suicide. Email your nomination to caroline.miles.ctr@navy.mil.

Resilience Corner

A Lifetime of Financial Security Can Begin Today

Time can be your greatest ally when it comes to managing your finances. Simply put, the more time you have to save and invest the better! Today's savings and investments will reap the benefits of compounding interest (i.e. the interest your money earns just keeps on growing), give you a sense of control and prepare you for life's emergencies, twists and turns.

Time, if used wisely, can help you earn lifelong benefits. Here's how to start now:

1. **Shape Up**: Get your spending plan in order. Know your numbers; what comes IN (gross and net income) and what goes OUT (savings, debt, living expenses).
2. **Pay Yourself First**: This tried and true principle will help you to create and achieve the discipline needed to save and invest. Designate your own bank account as a vendor to be paid each time you receive money.
3. **Invest Automatically**: What isn't seen cannot be spent. Doing this will ensure that you do not forget to save. Use the allotment feature or bank transfer option to keep up this rewarding habit.
4. **Split Your Next Raise**: Choose to divide your next Military pay raise (i.e., 50/50, 65/25) between your savings/ investments and living expenses.
5. **Know What Others Think About You**: Your borrowing and financing relations are based on one thing: the information in your credit report and your score. So take advantage of getting your federally mandated free credit report from each of the "big 3" once annually.
6. **The Future Will Happen**: Yes, a lot of uncertainty lies ahead; so give yourself and family the best chance of future success by making a plan and involving your household members.

About the author

Stacy Livingstone-Hoyte, AFC™ has served at the Fleet & Family Support Center, Millington, TN as a Financial Counselor since Nov 2009. As part of her efforts to meet the 'Mission Readiness' goal of the U.S. Armed Forces, Stacy has been a valued and prolific contributor to our blog.

This post has been truncated in order to be featured in LifeLink Newsletter. View the post in it's entirety on www.navynavstress.com.

LIFELINK NEWSLETTER

Upcoming Events

SPC Basic Training Webinar
30 July
13 August

Navy Medical Service Corps 66th Birthday
4 August

Looking ahead...September is Suicide Prevention Month!

Share your upcoming events with us!

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

We want to follow you too! Have a social media page? Send us a message!

Let Navy 311 Lend a Hand

NAVY 311 is known for saving lots of things: time—when you're searching for a policy; effort—when you can't find who to call for that specialized part you need; and money—by directing your maintenance improvement idea to the right command. But did you know that NAVY 311 can connect you with personal support services to help potentially save a life as well? NAVY 311 is partnered with ChaplainCare to help assist shipmates **in need of non-emergency pastoral care, support and resources.**

See something? Say something.

Recently, a Petty Officer First Class called NAVY 311 concerned about his shipmate, a Petty Officer Second Class, who seemed inattentive and depressed. The Petty Officer Second Class was sleeping in his car and reporting late for work. The Petty Officer First Class was unsure who to contact, so he called NAVY 311. As a result of the call to NAVY 311, ChaplainCare was immediately notified, and a chaplain reached out directly to help the Petty Officer Second Class.

Because ChaplainCare is partnered with NAVY 311, you can reach out via phone, email, chat, and text—24/7. Chaplains will be contacted to listen and give counsel. "We're delighted to partner with NAVY 311; it's a great system that has helped leverage and expand our reach," said Navy Chief of Chaplains, Rear Adm. Mark L. Tidd. Also, it's important to remember that your situation is kept in strictest confidence. Chaplains cannot be compelled by commands, medical professionals or others to disclose what you share, so you have nothing to fear. "What you say to us stays between us, unless you decide differently—you hold the key," said Tidd. Chaplains serve as advocates to help individuals get the support needed to overcome the challenges they face before matters escalate.

So, if someone you know may benefit from personal support services, call 1-855-NAVY-311, e-mail navy311@navy.mil, visit or chat at www.navy311.navy.mil, or enter Navy311@navy.mil into the "To:" line of a text message. If suicide is a concern, call the Veteran's Crisis Line (1-800-273-8255 Option 1), or call 911 in the case of an emergency.

Be proactive in supporting your shipmates. You might even help save a life.

By Karen Siembieda, Communications Specialist/PAO, Sea Warrior Program for NavyLive

More News You Can Use

Make Time for Exercise Military OneSource

Why Do Individuals Respond, Recover Differently to Same Trauma DCoE Blog

Responsible Drinking: For Yourself and For Your Shipmates Navy Medicine Live

Easing Children's Stress During PCS Season DoD Live

Hero Corpsmen Reunites with Afghan Soldier All Hands Magazine

Make Summer Travel Safe Navy.mil

Navy Wounded, Ill and Injured Warriors Annex Officially Opens at Joint Base San Antonio Navy.mil

Start Your Family's Journey Toward a Healthier Way of Living Military OneSource

Need a good laugh today? Jeff Bacon, creator of *Broadside*, reminds you to stay fit this summer: *Broadside of the Week*

Life Counts! Ask Care Treat