November 2013

ACT LIFELINK NEWSLETTER

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Food Savvy for the Holidays

21st Century Sailor Office Dietitian provides tips for keeping your family healthy and resilient so you can all "Thrive During the Holidays"

The holidays are fast approaching and before you know it, you'll be waking up to the dawn of a New Year. Recognizing that the last thing you will want is to make your New Year's health resolution more difficult to start, attain and manage, the best thing you can do for yourself and your family is to carry out the old adage, "an ounce of prevention is worth a pound of cure." Set yourself up for success! Start now by staying food savvy, realize your holiday eating habits and focus on the dining experience rather than gorging on multiple plates of food. "It's all about give and take," says Lt. Cmdr. Amit Sood, OPNAV N17 Dietitian. "Know yourself, realize that if you tend to enjoy meal times a bit more during the holidays, either watch your portions or balance your intake with a little more physical activity time, perhaps with the family or with those close to you."

Here are 5 simple strategies and tips for staying healthy and resilient through the holidays:

1. Don't shop hungry! Grocery shopping when you're hungry can lead you to buy those unhealthy foods you crave instead of opting for the healthier choices.
2. During meal times, serve a generous portion of veggies first (fresh and/or cooked), then the main entrée and sides and use fruit for dessert.
3. At parties or potlucks, savor a bite or two of every food item by making a 'sampler' style plate instead of piling up the plate with just one or two of your favorite items.
4. Don't starve yourself for that large meal later on! Snack on nutrient-packed veggies and fruit (fresh, dried, canned, etc.) throughout the day so that you'll be less likely to overeat during evening meal times.
5. Incorporate a 20-minute walk with your family each evening.

These strategies can help you thrive during the holidays and reduce unwanted post-holiday stress. For more tips and strategies, check out these resources:

Navy Nutrition has several resources that can help you stay energized during the holidays and curb the negative impact to your body—and mind.
Navy Operational Fueling Series outlines how to choose the right foods and portions—something we can all do a better job at during the holidays!
Eatright.org Holiday Eating has several articles on eating healthy during the holidays.

Stay tuned for more holiday fitness and nutrition tips on www.navynavstress.com!

OPNAV N171's 2013 holiday stress campaign, "Thrive During the Holidays," addresses holiday fitness and nutrition, responsible alcohol use, finances, spirituality and relationships, and more. Check out the latest releases below:

Thrive During the Holidays!

Navy Announces New Holiday Stress Navigation Campaign, "Thrive During the Holidays" Navy.mil

Spring Forward, Fall Back...and THRIVE! NavyNavStress

Food Savvy for the Holidays NavyNavStress

Taking the Stress Out of the Holidays While Your Spouse is Deployed NavyNavStress

Don't miss the next release! Subscribe to www.navynavstress.com.

Life Counts! Ask Care Treat

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LifeLink Spotlight

USS Abraham Lincoln (CVN 72)

USS Abraham Lincoln Sailors are thriving in the Hampton Roads community. On Sept. 20, more than 1,500 Sailors assigned to the Nimitz-class aircraft carrier volunteered in *seven* surrounding cities, contributing to over *30* community events. Lincoln's Religious Ministries Department coordinated the all-day volunteer effort that included building a home with Habitat for Humanity in Hampton, visiting local elementary and middle schools in Newport News, and cleaning up public spaces in Virginia Beach. The events took place as the aircraft carrier was undergoing its refueling and complex overhaul (RCOH).

Lincoln Sailors assisting with Ft. Monroe clean-up

The Hampton Roads community was overwhelmingly appreciative of the teamwork and contributions from local Sailors, given the area's large military presence. In a related Navy.mil story, Newsome Park Elementary Principal Victor Martinez expressed his gratitude by saying that local kids "benefit immensely" from the Navy's presence, and that their support will be "reciprocated throughout the Hampton Roads community."

Sailors cited benefits as well. Machinist's Mate 1st Class Joseph Arnold said he volunteered to not only help the local community, but to engage in mentorship. "It helps build camaraderie between senior and junior Sailors," said Arnold.

By coming together to help their local community, Sailors contributed to a renewed sense of purpose and cohesion amongst themselves. Bravo Zulu Lincoln!

Nominate your proactive SPC, caring shipmate, leader or your entire command for their efforts to build a sense of community and prevent suicide. Email your nomination to suicideprevention@navy.mil.

Resilience Corner

Focus on Tobacco Free Living—Commit to Quit!

Many people use tobacco as a mechanism to manage stress. Despite the risk for grave health impacts, quitting isn't always easy. The American Cancer Society promotes the third Thursday of each November as the "Great American Smokeout," giving smokers a day to commit to quit. Rather than going cold-turkey, tobacco users can prepare to gradually begin their tobacco cessation journey on Nov. 21 or start by refraining from tobacco use for the day—a great way to explore the many healthy options for replacing smoking as a go-to activity during stressful moments. Whether smokers decide to quit long term or just for 24 hours, participating in the Smokeout is an empowering step towards a healthy and tobacco-free life. Tobacco use isn't just the number one risk factor for lung cancer, but can also increase fatigue, stress, and depression; contribute to bone and muscle injuries; and is even linked to impotence. Tobacco not only shortens life expectancy (by a decade on average), but drastically alters quality of life as well.

Promoting Tobacco Free Living within the Navy community, Navy Marine Corps Public Health Center (NMCPHC) hosted its first Virtual Smokeout Share Fair on Oct. 25 to advance the improvement of tobacco cessation efforts around the fleet. Several Naval hospitals and medical centers participated, sharing their Great American Smokeout planning efforts, success stories, tools resources and lessons learned. To take the first step toward a tobacco-free life, visit NMCPHC for more information and resources.

Navy Marine Corps Public Health Center Releases "Suicide at a Glance" Infographic

The Health Promotion and Wellness Department at Navy Marine Corps Public Health Center has released their newest suicide awareness resource. "Suicide at a Glance" can help you and your shipmates quickly increase your knowledge of suicide related terms and facts, risk and protective factors, and when to ACT. NMCPHC encourages sharing this resource through social media outlets and other online channels. The item is accessible by visiting NMCPHC's suicide prevention webpage, or by clicking here.

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November Events

SPC Basic Training Webinar
Nov. 13
Register Here!

Military Family Appreciation Month
November

Veterans Day
Nov. 11

Int'l Survivors of Suicide Day
Nov. 23

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

Navigating the Holidays and Deployment

Deployments can be stressful for a family at any time of year, but can be especially difficult during the holidays. Applying the Principles of Resilience can enable us to stay in the holiday spirit and get ahead of stress. Predictability (managing expectations), Relationships (maintaining strong connections and preserving traditions) and Meaning (keeping the deployed Sailor involved) can help us maintain a sense of normalcy and thrive during the holidays, despite separation from deployment. NavyNavStress.com guest blogger and wife of a deployed officer Elizabeth Winters offers her perspective on how we can all take the stress out of the holidays.

The holidays are fast approaching, and even when not dealing with the heightened emotions and stress of a deployment, holidays are rarely what we would think of as "stress-free." Add in the pressure to keep the holidays special while acknowledging the absence of a loved one, it can be very easy to become overwhelmed. It is vital, for your sanity, to take active measures to avoid overworking yourself! For me, it all comes down to priorities, traditions and efficiency.

Before the holiday season is in full swing, sit down and decide what is actually important. Commit fully to those things that are a priority for you and your family and just let go of everything else.

For our family, traditions are very important; we look forward to doing the same activities every year! During deployment, this can be difficult, or sad, since we're missing a key part of our family. A way to ease this difficulty is doing your old favorites in a new way! While we love driving through the local botanical gardens to see their light displays, I did not want to do such a special family activity without my husband, so this year, we will buy tickets to ride the tram. The kids will still get to make holiday memories, but we reserve the "real thing" for when Daddy is home.

All things considered, when trying to de-stress the holidays, the most important part is including my spouse. I make my list of priorities with his help, I solicit his advice on ways to make our traditions special in his absence, we decide what gifts we will be giving, and I take every opportunity possible to take pictures and short videos so we can stay connected. During deployment we walk a fine line between wanting to keep life at home "normal" while honoring the fact that there is nothing normal about carrying on with part of your heart across the world. Sweeping the clutter from your holiday plans will keep you from getting overwhelmed and hopefully give you a little bit of extra energy and peacefulness to keep your deployed loved one an active presence in your celebrations.

More News You Can Use

Thriving in Your Community All Hands Online

You are Not Alone: Suicide Prevention Tools for Warriors Real Warriors

Pearl Harbor Kicks Off Healthy Base Initiative Navy.mil

Suicide Prevention: The Community's Role in Building Resilience Military OneSource

Two-day Forum Will Urge Action to Bolster Mental Health Support NavyTimes

Choosing "Strong" Instead of "Skinny" Military OneSource

Food Safety Tips for Holiday Road Trips Eatright.org

United by a Uniform: First Responders on the Front Lines of Suicide Prevention Huffington Post

Running for the Wounded All Hands Online

Helping Military Parents Build Stronger Families DCoE Blog

Celebrating the Holidays at an Overseas Duty Station Military OneSource

Prepare to "Fall Back" Gently HPRC

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