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KEEPING AN EVEN KEEL

How many times have you had a completely stress-free holiday season? We know this time of year can be as hectic and exhausting as it is joyous. During the holidays, it's especially important for Sailors and families to understand how we can help each other reduce stress levels by planning and communicating—and having fun!

Over the next few weeks we'll tie in tips to get ahead of holiday stress with the [5 Principles of Resilience](#) to help you and yours *keep an even keel* this holiday season. These five principles—Predictability, Controllability, Relationships, Trust and Meaning—are core elements of understanding effective and meaningful stress control. They can be applied in any situation, whether it's at work or even shopping for holiday gifts on a budget!

[NavyNavStress](#) blog posts and related Navy.mil stories will highlight recommendations offered by personal and family readiness program subject matter experts. These tips will help keep you in the green zone even while you enjoy the excitement of the holidays. Read about how you can control temptations to avoid a big hit to your wallet—or waistline! Using our links to information about fitness, nutrition, finances, spirituality and other potential stressors will make it easy for you to stay the course this holiday season—and over the coming year. Don't forget to share the products with your shipmates!

Lt. Cmdr. Wallinger is back again providing healthy tips for holiday meal preparation in this All Hands Video Update. Click the image!



NEWS YOU CAN USE

Resilience is What Sets Our Navy Apart
[NavyNavStress](#)

It's Time to Start Budgeting for the Holidays!
[NavyNavStress](#)

Make Gift Giving Plans Early to Avoid Stress, Save Budget
[News Story](#)

Exercise Schedule Will Help Keep Holiday Stress at Bay
[News Story](#)

Avoid Holiday Stress; Don't Forget to Plan for Fun!
[News Story](#)

LIFELINK SPOTLIGHT – NAVY REGION NORTHWEST

“The Great Northwest” has been doing remarkable things this year to build resilience and get ahead of various forms of stress. They understand and have put into practice the concept of suicide prevention as an *all hands evolution, all of the time*. Their meaningful and engaging efforts include Naval Hospital Bremerton's participation in the [Stennis Pre-Deployment Fair](#), promoting healthy eating and recreational habits at the [West Sound Safety & Health Expo](#), conducting a joint [“Shipshape Facilitator Class”](#) to support command fitness, and more. Building a sense of community and promoting total wellness support suicide prevention efforts *before* crises occur. Bravo Zulu shipmates!



NOVEMBER EVENTS

*Military
Family Month*
All November

*USMC 237th
Birthday*
10 Nov

Veterans Day
11 Nov

*SPC Training
Webinar*
14 Nov

Thanksgiving
22 Nov

*Chaplain Corps
237th Birthday*
28 Nov

Stay Connected!



www.suicide.navy.mil

[Email the editor](#)

901-874-6922

NAVY CHAPLAIN GUEST BLOGS ON NAVYNAVSTRESS FOR HOLIDAYS

Navy Chaplains aren't just resources for spiritual guidance—they're invaluable confidants and advisors on any of life's challenges. Continuing with our holiday focus on *Keeping an Even Keel* and finding balance in the midst of holiday stressors, Chaplain Jonathan Henderson, Deputy Command Chaplain at Naval Station Newport, RI, has guest blogged on NavyNavStress providing valuable advice for achieving the balance between spirituality and family during the holidays.

"There has to be a better way to make a decision than pulling on the Thanksgiving turkey wishbone, right?" asks Chaplain Henderson. The holidays are supposed to provide a time for rest and celebration, though we tend to wear ourselves out in order to live up to the expectations of our loved ones (extended family included!). Chaplain Henderson suggests a few practical and sensible methods to control the holiday madness and keep the holidays, and expectations, in perspective:

- ✓ ***"Communicate your desires with family well in advance"*** – Letting loved ones know your plans well in advance gives them the opportunity to get upset and get over it *before* the holiday hustle is in full swing.
- ✓ ***"Take time to pray and/or meditate"*** – Making time to pray and/or meditate allows us to center and focus on enjoying our time, instead of avoiding time together.
- ✓ ***"Determine whether or not going home for the holidays is even the best idea"*** – There are times when traveling home isn't the best idea or economically possible for your family.

One of the best things you can do to ensure that you *and* your loved ones enjoy the true meaning of the holidays is to find a sense of stability and control. Establish your own traditions this holiday season and "do what you can to make the holiday special for your family, without turning yourself into 'the Grinch!'" For more of Chaplain Henderson's suggestions, see his blog post "[Establishing Your Own Holiday Traditions May Reduce Stress](#)" on NavyNavStress. Happy Holidays!

NEWS YOU CAN USE (CONT'D)

Financial Planning to Survive the Holidays [News Story](#)

Whidbey Holds Suicide Prevention Coordinators Workshop [News Story](#)

Ready, Willing, Able to ASIST [News Story](#)

10 Tips to Boost Resilience in Service Members [DCoE Blog](#)

Be Ready – Expanding the Navigation Plan [Navy Live](#)

Navy Personnel Command Celebrates Veterans Day [All Hands Update](#)

Fighting Stigma With Technology: Survey Seeks Service Member Feedback [DCoE Blog](#)

President Proclaims November as Military Family Month [News Story](#)

Giving Military Kids a Voice [TIME Battleland](#)

Local Schools, Military Installations Come Together for 'Lets Talk Education' Summit [News Story](#)

Winter 2012 Safety Campaign [Naval Safety Center](#)

For Weight Control, Count the Calories in Alcoholic Beverages [MHS Blog](#)

Want to Quit Smoking? [Veterans Affairs](#)

The "Big E" Comes Home for the Last Time [TIME Battleland](#)