



# LIFELINK

## NEWSLETTER

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### GOOD NUTRITION CAN KEEP YOU HEALTHY FROM THE NECK UP TOO

We often think of fueling our bodies with the right foods to achieve optimal performance as warfighters, and of course to manage our weight and overall health. The benefits of proper nutrition don't stop there though. Healthy eating habits not only help you stay fit from the neck down, but from the neck up as well. As we recognize Navy Nutrition Month (March), get the skinny on keeping your mind and body nourished, and "[Enjoy the Taste of Eating Right.](#)"

Combatting stress with a good diet doesn't start once your conscience kicks in after that second helping of your go-to [comfort food](#), but should be a proactive and ongoing effort. Research shows that people are more likely to select food for taste over nutritional value—but nutritious and delicious foods are easier to find than you may think.

Omega-3 Fatty acids have been found to aid in the prevention of stress through their essential role in brain biochemistry. Rather than experimenting with the unknowns of [nutritional supplements](#) (they do not require approval from the Food and Drug Administration), go for naturally occurring sources of omega-3s. Salmon, eggs and lean meats are excellent—and tasty—suppliers of these vital nutrients. They'll also help you incorporate more protein in your diet, the healthy way. Protein supplies the brain with amino acids, helping to promote healthy brain function through the steady creation of neurotransmitters (chemical messengers that carry and regulate signals throughout the body). Quality protein can be found in a variety of sources, not just meat and dairy products. Try pairing your salmon with a side of black beans, or reach for a handful of raw almonds instead of going for the cookies when you're stressed.

Tense situations and stress can lead to cravings, particularly for sugar. While glucose is essential for our bodies to function, our body's sugar supply needs to be slow and steady for good performance, avoiding peaks from sugary drinks, sweet desserts or additives. [Added sugar](#) can cause your glucose levels to spike, then fall rapidly. This can not only intensify cravings, but it can impact alertness and decision-making abilities as well. To find balance, incorporate more of your favorite [complex carbohydrates](#) (whole grains and fruits) to satisfy your sweet tooth, while allowing yourself to have small portions of your craved food instead of trying to go "cold turkey." A banana and peanut butter sandwich is a healthy, sweet and delicious alternative to your vending machine favorites (and it includes protein too).

Hungry for more? During the month of March and throughout the year, Navy has a buffet of resources supporting making healthy choices every day. Visit [Navy Nutrition](#) and [Navy and Marine Corps Public Health Center](#) information and tips on incorporating the nutrients you need to stay fit from the neck down—and up.

*from DZM3*  
A PUBLIC SERVICE ANNOUNCEMENT FROM BROADSIDE CAREGON'S BROADSIDE.NET

*March is Navy Nutrition Month. Check out [Navy and Marine Corps Public Health Center](#) and [Navy Nutrition](#) for more resources.*

**NEWS YOU CAN USE**

Chief Shares Story of Suicide Attempt with NASL Sailors [Lemoore Navy News](#)

Navy and Marine Corps Public Health Center Releases Healthy Living PSA [Navy.mil](#)

Catching Z's at Sea is Getting Easier for Sailors [Pilot Online](#)

What's Next? Navigating Transitions, Pt 2 [NavyNavStress](#)

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## LIFELINK SPOTLIGHT

*Mass Communication Specialist 2nd Class  
Jonathan Pankau*

March's LifeLink Spotlight goes to Mass Communication Specialist 2nd Class Jonathan Pankau; a Sailor who not only exemplified the strength to seek help for his struggle with alcohol abuse, but was courageous enough to share his story with All Hands Magazine.



Click to watch MC2 Pankau share his story

MC2 Pankau was no stranger to alcohol when he enlisted in the Navy. Both of his parents battled substance abuse, yet he downplayed his excessive drinking by attributing it to operational stress. His patterns ranged from one or two beers followed by video games and sleep, to drinking to the point of blacking out. "The Navy didn't cause my alcohol abuse," Pankau told [All Hands Magazine](#). "Alcohol already ran my life prior to me joining. I just lied to myself and maintained that lie in front of others," he said.

Despite his chief taking him aside and informing him that he'd downgraded MC2's evaluations due to his alcohol-related behaviors, he continued on a destructive path. After the substance-related death of his mother, MC2 Pankau's drinking became a way to drown out the sadness. He amassed consequences such as a DUI and time in the brig for his excessive drinking behaviors, which only worsened once he deployed and experienced the separation that accompanied his time at sea.

While on deployment, Pankau recalled a moment in the brig when a master chief petty officer took a moment to try to help him remember why being a member of the Navy community is important, and why he should find the strength to seek help and reclaim his career. MC2 Pankau then turned to SARP (Substance Abuse Rehabilitation Program), overcame his drinking habits and is now an LPO (Leading Petty Officer) in his department. "I'm looked upon as a leader and a mentor...there is hope for anybody whose drinking is a problem," he said in his video testimony. "You can recover your life."

MC2 Pankau's story is just one of many testimonies to the rewarding benefits of seeking help for problems that may destroy not only your Navy career, but your life as well. Thank you for your courage, shipmate.

## RESILIENCE CORNER

*Your Questions about OSC Training Answered!*

Over the past few months, OPNAV N171 has fielded a number of questions about the recent Operational Stress Control (OSC) training mandate for deploying units. Here are answers to a few of the most popular questions. For more, visit [www.navynavstress.com](http://www.navynavstress.com).

### *What is OSC training? Is it new?*

Since 2009, stress training has focused on assisting Navy leaders in identifying and applying practical stress navigation tools. Two courses are offered: *Navy OSC for Leaders* (E7 and above) and *Deckplate Leader OSC* (E6 and below). The dialogue-led interactive courses are a vital part of *any* command's efforts to foster a supportive climate, whether preparing for deployment or trying to strengthen readiness and cohesion.

### *How is OSC training delivered?*

Both courses are delivered in-person by our Mobile Training Teams (MTTs) at no cost to your command. Our MTTs are flexible with operational demands and will travel to you, whether underway or ashore, CONUS or OCONUS, and can work within available training spaces. There are two teams, each with nine individuals, who are based in Norfolk and San Diego. Our MTTs include Master Training Specialists, averaging more than 20 years of Navy experience!

### *How long will training take?*

For a unit of 350 Sailors, with proper space and 4-6 MTTs available, training can be completed within 1-2 days. Each course is designed to take about 3-4 hours, with class sizes maxing out at 50 for NAV-OSC Lead and 60 for DPL- OSC.

### *How do you schedule training?*

MTTs will prioritize scheduling OSC training with all deploying commands to meet the six-month objective mandated in [NAVADMIN 262/13](#). Click [here](#) for contact information to schedule OSC training for your command. For more information, visit the [OSC webpage](#).

### *Lifelong Healthy Living is the Focus of New PSA*

#### Navy and Marine Corps Public Health Center's latest Healthy Living Public Service Announcement (PSA) sheds light on the everyday healthy choices Sailors can make to build resilience and maintain readiness for all of life's missions. The video, available in [60-second](#) and [two-minute](#) versions, highlights several areas of wellness including exercise, nutrition, tobacco-free living, stress and more. For more details, see the announcement on [Navy.mil](#).



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## MARCH EVENTS

### Navy Nutrition Month

March

### SPC Basic Training Webinar

Mar. 27

Apr. 16

[Register Here!](#)

### COMING UP...

### Sexual Assault Awareness Month

April

## WHAT'S NEXT? NAVIGATING TRANSITIONS, PT. 3

*"Everyone loves inspiring beginnings and happy endings; it is just the middles that involve hard work." —Rosabeth Moss Kanter, author and Harvard Professor*

Being in the midst of a transition period can be difficult, whether you're anxiously awaiting new responsibilities as you advance to the next pay grade or dreading the thought of being away from your family during your upcoming deployment. Even for the most squared-away Sailors, at points, it's likely to feel unsure of what lies ahead. Fear and doubt can manifest themselves in a variety of ways, preoccupying our thoughts and eventually impacting our daily lives and decision making. That's where the principle of [Trust](#) comes into play.

Trust is an important tool to help us withstand adversity, and extends far beyond individual relationships. It is built through experience, shapes perspective and can influence personal actions and expectations. While sometimes fear can be motivating, it can also be a discouragement if that fear is generated from self-doubt. Trust yourself. Use your strength to find the self-confidence to believe that you can successfully navigate unfamiliar situations. Acknowledge your apprehensions, fears, and even the things that you're less confident about—and turn them into opportunities to build resilience and emerge stronger. Through the principle of [Controllability](#), by doing your best to work toward viable, positive solutions, you can regain self-trust and strengthen your ability to trust others.

Trust not only encompasses personal integrity, dependability, and competence, but implores those characteristics from leaders and the broader community as well. This aspect of trust provides us with positive expectations of the organization and environment that we're a part of. When facing a new chapter in life, or twists and turns in the current chapter, having the confidence that your peers and leaders will recognize the support and resources you need to be successful can be a reassuring tension-tamer. This trust allows us to feel comfortable communicating apprehensions or feelings to close shipmates, friends, family or leaders to help refocus perspective. And it reminds us that we are not alone.

Like any component of Operational Stress Control, fostering trust is a shared responsibility. While we can take steps to trust ourselves and be more trusting of others, leaders must help generate a climate that reinforces organizational trust. Leaders: reach out and connect with your Sailors, both inside and out of the work center. Step back and observe for a moment to gain an understanding of what you can do to help Sailors better navigate stress and thrive in their environments. As members of the Navy community, we can all take an active role to support every Sailor, every day, through the small changes or big transitions. We are all in this together.

Contact Navy Suicide Prevention

[Email Us](#) | [Website](#)

Follow Operational Stress Control Online...



## MORE NEWS YOU CAN USE

Bataan's Deployment Champ Offers Cruise, Career Tips  
[Navy Times](#)

Knowing When You're Going [All Hands Magazine](#)

"Good" Stress—Is there such a thing? [HPRC Online](#)

Keeping TR Connected to Friends and Family [Navy.mil](#)

Eat After Eight, Put on Weight? [HPRC Online](#)

Strategies for Managing Stress at Events [Real Warriors](#)

Exercise for the Wounded Warrior—Mind and Body  
[HPRC Online](#)

Healthy Parenting During a Move [Military OneSource](#)

Family Budget Planning [Military OneSource](#)

*New! Navy Operational Stress Control now has a webpage for program, training and policy updates.*

*Check it out! [http://www.public.navy.mil/bupers-npc/support/21st\\_Century\\_Sailor/osc/Pages/default.aspx](http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/osc/Pages/default.aspx)*