



LIFELINK

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Resolve to Build Trust in 2019

Trust is one of the key principles of resilience and stress control. Building trust takes time and commitment and there are no shortcuts. The new year is a great opportunity to make building trust one of your resolutions.

Trust plays a critical role in withstanding hardships and extends beyond individual relationships. A **recent study by the National Bureau of Economic Research** reported living in a high-trust environment makes people more resilient to adversity. Findings indicated even negative situations like ill-health or unemployment were much less damaging to those living in trustworthy environments.

Conversely, a loss of trust can erode stress control efforts and increase risk of psychological difficulties.

Developing trust is critical for people in supervisory and leadership positions. Some specific characteristics are helpful to develop the relationship between superiors and subordinates. On the **Military Leader website**, Phillip Gift, a U.S. Naval Academy graduate and helicopter pilot, describes the components as “the three C’s.”

- **Competence.** A leader doesn’t have to be the best at the task, but he or she does need to be competent. Being competent means being mentally, physically and emotionally ready to accomplish duties. If others are always having to correct the leader’s work, or to remind the leader of tasks, then there will be a lack of trust.
- **Caring.** There’s an old saying, “People don’t care how much you know; they want to know how much you care.” This is especially true for leaders and supervisors. Gift cites three levels of caring: caring for yourself, caring for the organization and caring for others. A leader must authentically care about personal development, as well as about the mission and the team.
- **Communication.** Open communication fosters trust.

People must be able to speak freely but with respect for all parties to communicate effectively. Make time to have one-on-one conversations in a relaxed but professional manner.

These tips can be particularly helpful for trust-building with Millennial and Gen Z generations (people born from the early 1980’s to late 1990’s), who make up a big portion of most Navy workplaces. For these generations, trust is crucial, valuable and hard to earn. Millennials and those from Gen Z consistently rank as less trusting in general when compared to other generations. In order to bridge the gap, remember that age and experience aren’t automatic keys to authority, but competence, mentorship, authenticity and accountability can be. It’s also important to check in often. Your Sailors may not ask for feedback, but many expect frequent input on their work and their progress.

TRUST
Know Who to Turn To

Trust plays a critical role in withstanding adversity and is rooted in positive expectations of integrity, dependability and competence. Presence of trust increases willingness to confide in others, utilize resources and address concerns before stress injuries occur.

Every Sailor, Every Day
 navstress.wordpress.com



Lifelink Spotlight

National Action Alliance for Suicide Prevention Offers Messaging, Reporting Resources on Revamped Website

The National Action Alliance for Suicide Prevention (Action Alliance) is the nation's public-private partnership. Recently, Action Alliance announced the revamp of their website at <https://theactionalliance.org>. The website offers many resources for the suicide prevention community, including messaging and reporting information. Some of the featured sections include:

- **About Us** - Find out more about the Action Alliance's story, including who they are, what they aim to do, and how they work.
- **Messaging** - Suicide-related messages must be conveyed in ways that support safety, help-seeking, and healing. Towards this goal, the Action Alliance leads efforts focusing on three key groups: the news media, the entertainment media, and other organizations that regularly disseminate messages related to suicide.
- **Our Strategy** - Read the goals and objectives of the National Strategy for Suicide Prevention. Learn about the Action Alliance's efforts to promote high-impact research, enhance data collection and surveillance, reduce lethal means among people at risk and learn from those with lived experience.
- **Resource Library** - Find a wealth of suicide prevention resources, including reports, white papers, toolkits, handouts, and PowerPoint presentations.
- **Communities** - Information on community-based efforts to implement effective suicide prevention strategies with an emphasis in reaching faith communities, workplaces, American Indian/Alaska Native populations, and service members, veterans and their families, as well as juvenile justice settings.
- **Events** - Information on past and upcoming events of interest to those working on suicide prevention efforts.

The Navy Suicide Prevention Branch's programs and policies were developed in alignment with Action Alliance recommendations and resources. For more information, tools and resources, see the Navy Suicide Prevention [website](#). If you or someone you know has an emergency or is in crisis, please contact the **Military Crisis Line** at 1-800-272-8255, press 1.



Plan of the Week Notes

Below are sample Plan of the Week notes aligning with topics covered by the Every Sailor, Every Day campaign during the month of January:

1. There never seem to be enough hours in the day to get everything done, but relying on energy drinks for a quick boost can be more harmful than helpful. A **recent study** from the Society of Federal Health Providers concluded that high energy drink use was related to mental health problems, aggressive behaviors and fatigue. Optimizing sleep, establishing a mindful morning routine and eating for energy and resilience are natural ways to get energized. More tips on healthy energy boosts are available on the NavyNavStress blog at <https://navstress.wordpress.com/2018/10/31/boosting-your-energy-without-misusing-prescription-stimulants/>.
2. The new year offers many opportunities to celebrate, whether watching the big game, a three-day weekend or even planning for Valentine's Day. With those events in mind, the Keep What You've Earned Campaign's "Give the Gift of a Designated Driver" campaign has been extended to run through Feb. 14. Take the pledge at <https://go.usa.gov/xnj86> and then download and print a football or Valentine's Day-themed gift card for your own Most Valuable Player. Get your gift card at <https://go.usa.gov/xPWP>.
3. The National Institute on Drug Abuse's National Drug and Alcohol Facts week kicks off on Jan. 22. Use this time to share information and dispel myths related to drugs and alcohol. Find "Myth vs Fact" images perfect for sharing with your team on the Navy Alcohol Abuse Program Flickr account at https://www.flickr.com/photos/nadap_usnavy/ or see the NIDA website at <https://www.drugabuse.gov/>.
4. If your holiday spending wasn't ideal and you need to get back on track financially, don't worry! While it may take some work, fixing your finances post-holiday season isn't an insurmountable task. "Improvement" doesn't equal drastic changes; it could be a few small steps to help relieve some financial stress. Get some tips and start controlling your finances without them controlling you in this post from the NavyNavStress blog at <https://navstress.wordpress.com/category/financial-fitness/>.

News and Resources

Podcast recap: Dietitian LT Pam Gregory discusses Registered Dietitian Support to Operational Forces
[Sailor to Sailor Podcast](#)

Post-Holiday Blues? Strategies to Help Beat Them
[NavyNavStress](#)

Your Chaplain is a Front-Line Resource
[Real Warriors](#)

There is Help for Anyone Caring for a Service Member
[Health.mil](#)

How to Access Benefits for Post-Traumatic Stress Disorder
[Real Warriors](#)

Promoting Understanding of Traumatic Brain Injury
[Health.mil](#)

The Military Diet: A Tale of Two Eating Plans
[Human Performance Resource Center](#)

Think You Need Equipment to Exercise? Think Again
[NavyNavStress](#)

Talking About Lethal Means Safety in Health Care Settings
[Suicide Prevention Resource Center](#)

Military Kids and Mental Health: Know the Warning Signs
[Coast Guard All Hands](#)

Unplugging from Social Media for Psychological Health
[NavyNavStress Blog](#)

Top 11 Traits of Optimized Families
[Human Performance Resource Center](#)

Current and Upcoming Events

National Drug and Alcohol Facts Week
January 22-27

SPC Training Webinars
Jan. 11, 8 a.m. CDT
Jan. 25, 12 noon, CDT
[Register here](#)

Is it SAD or the Winter Blues?

If you find yourself feeling down during the coldest months of the year, you're not alone. Many people face the "winter blues" – a generally mild sadness that's usually linked to something specific, like stressful holidays or reminders of absent friends or loved ones. More severe sadness that sticks around longer may indicate that you are experiencing Seasonal Affective Disorder (SAD), and not just the winter blues.

SAD is a clinical disorder that must be diagnosed by a professional. SAD can be debilitating, with symptoms that may affect every aspect of daily life. Some common symptoms include fatigue, mood swings and changes in appetite. Whether it's SAD or the more-common winter blues, there are steps you can take to help yourself and your shipmates.

Why Winter?

We all have an internal biological or circadian clock. This 24-hour "master clock" uses cues in your surroundings to help keep you awake and to help you sleep. Our circadian clocks are highly sensitive to changes in light and dark. When days or shorter and nights are longer, this internal rhythm can be altered, and lead to changes in melatonin and serotonin levels. Melatonin is a brain chemical that helps you sleep. Changes in season and sunlight can disrupt the normal levels of melatonin, contributing to disrupted sleep patterns and mood changes. Serotonin is a brain chemical affecting mood, and reduced sunlight can cause serotonin levels to plummet.

Lack of direct exposure to sunlight can also lead to deficiencies in Vitamin D. Strong associations have been found between Vitamin D deficiency and depression, according to the Mayo Clinic. "Many who are Vitamin D deficient don't know it," said Capt. Tara Smith, clinical psychologist assigned to Navy Suicide Prevention Branch. "It's very hard to get outside the skin of the ship and feel the sun on your face underway."

There are several treatments used to help those suffering from seasonal mood changes. For SAD, these can include talk therapy, light treatments, vitamin regimens or medications. Although symptoms of the winter blues usually improve with the change of season, there are a few ways you can help your body adjust:

- **Optimize your sleep.** Fatigue can affect mood, performance, memory and judgement. **Crew Endurance**, developed by Naval Postgraduate School with collaboration from Navy's **Operational Stress Control Program**, offers practical tips, research and operational tools for promoting adequate rest.
- **Choose foods that help to balance your mood.** A balanced diet that is high in fruits, vegetables, whole grains and lean protein can provide a natural source of serotonin. Check out this [post](#) for additional tips.
- **Go for a workout outdoors.** Exercising outdoors during daytime hours can help you soak up some Vitamin D even when it's not particularly sunny. Plus, physical activity improves your mood, helps you sleep, increases endurance and helps you navigate stress.

SAD is a serious condition and is characterized by the same symptoms as other forms of depression. Signs may include a sustained feeling of depression that occurs most days and most of every day, loss of interest in activities that were once enjoyed, low energy and feelings of sluggishness, hopelessness or agitation. Sometimes, symptoms may start off mild and progress in severity over time. Symptoms of a Vitamin D deficiency can mimic SAD, but also include issues like joint pain. If you suspect a Vitamin D deficiency, a simple visit to your Primary Care Manager (PCM) for a blood test can determine your levels, Smith said.

No one has to try and navigate seasonal depression or SAD alone. Reach out to a mental health provider at your command, installation or nearest military treatment facility, or seek confidential non-medical counseling from **Military OneSource**.

If you feel hopeless or are thinking of suicide, get immediate help through the **Military Crisis Line** at 1-800-273-8255, press 1. For more information on psychological health and navigating stress, like **U.S. Navy Operational Stress Control on Facebook** or follow [@navstress](#) on Twitter.