

IN THIS ISSUE:

PAGE 1

Keeping an
Even KeelHoliday Stress
ResourcesLifeLink
Spotlight

PAGE 2

Upcoming
EventsAround the
FleetNews You Can
Use

A GIFT'S REAL VALUE: THE RELATIONSHIP BEHIND IT

Trying to please everyone over the holidays is impossible. Furthermore, we often equate pleasing our loved ones with buying them exactly what they asked for on their holiday wish lists, even if we can't really afford to. In his blog post for NavyNavStress, Chaplain Tim Overturf, 2nd Marine Division Chaplain, suggests that a gift is given meaning and value from the relationship between the giver and recipient.

"How can you turn a one-cent paper napkin into a priceless memory? By turning the napkin into a rose!" writes Overturf. At times it can seem hard to resist the temptation to spend beyond your means when it comes to holiday shopping. But Chaplain Overturf says spirituality is a "helpful consideration in maintaining a healthy financial perspective through the holidays." He provides two simple principles for giving this season: *give yourself permission to spend within your means* and *do something special, through creativity and thoughtfulness*.

We can still experience the joy of giving whether we are able to afford extravagant material gifts, or if we're using our creativity to give gifts from the heart. For more of Chaplain Overstreet's blog post, [Roses and Reindeer are Red...But Finances Don't Have to Be](#), and other holiday stress resources visit www.navynavstress.com.

Happy Holidays shipmates!

HOLIDAY STRESS RESOURCES: "KEEPING AN EVEN KEEL"

Keeping an Even Keel This 2012 Holiday Season [NAVADMIN 380/12](#)

Holiday Spending – Don't go Broke Trying to Save [News Story](#)

Don't Be a Regretful Holiday Host [News Story](#)

The Skinny on Stress Eating [NavyNavStress](#)

Money. It Makes the World go 'Round, Right? [NavyNavStress](#)

Balance Your Shopping Cart and Plate [News Story](#)

Protect Your Identity – During and After the Holidays [News Story](#)



Pictured above: Navy volunteers from over 20 commands and Master Chief Petty Officer of the Navy Michael Stevens, who was the event guest speaker.

LIFELINK SPOTLIGHT – US FLEET FORCES (USFF) COMMAND VOLUNTEERS SUPPORTING THE OUT OF THE DARKNESS WALK

In September, US Fleet Forces assets united to support the [American Foundation of Suicide Prevention's](#) Out of the Darkness Walk in Virginia Beach, VA. USFF Suicide Prevention Program Manager Jennifer Dolehite helped coordinate Navy engagement, which included Sailors and leaders from USFF Headquarters, Navy Expeditionary Combat Command (NECC), Naval Submarine Forces Atlantic, Naval Surface Forces Atlantic, Naval Air Forces Atlantic and more. NECC was a particularly strong advocate throughout the process, creating a banner to commemorate Sailors lost to suicide to post on the memorial wall. For more on this year's walk click [here](#). Bravo Zulu to all who supported speaking up when you're down!



DECEMBER EVENTS

*World AIDS
Day*
Dec. 1

*National Pearl
Harbor
Remembrance
Day*
Dec. 7

*Go Navy, Beat
Army! Game
day*
Dec. 8

*SPC Training
Webinar*
Dec 12, 1600

Stay Connected!



www.suicide.navy.mil

Email the editor
901-874-6922

AROUND THE FLEET: COMMANDS PROMOTE READINESS WITH TAILORED SUICIDE PREVENTION TRAINING

Be Ready. This essential tenet of [CNO's Sailing Directions](#) reinforces being able to “harness the teamwork, talent and imagination of our diverse force to be ready to fight and responsibly employ our resources.” And that’s exactly what proactive commands are doing to promote readiness and “fight” against potential stress injuries among their shipmates.

In the face of multiple and/or compounding stressful situations, anyone can be at risk for suicide if protective factors seem as though they’re diminishing. One critical protective factor is a sense of belonging or community—and that community has to be aware of distress signals when a shipmate is in need of help and be ready to ACT.

According to the Nimitz-class aircraft carrier USS John C. Stennis’ (CVN 74) blog, their Sailors are “fighting back” against suicide “by seeking help and learning how to help others.” Sailors are “[Training for Life](#)” with their tailored annual suicide prevention course. Reinforcing [ACT \(ask care treat\)](#) as an empowering commitment between shipmates, Stennis Sailors are addressing the stress that accompanies multiple deployments, a high OPTEMPO and being away from home during the holiday season. Citing resources such as the Command Religious Ministries Department’s stress management training and resiliency classes, Stennis Sailors are spreading the word that suicide prevention is an *all hands evolution* that begins with having the tools to effectively navigate stressors *before* they turn into crises. “Sailors should be thinking about it as a part of their daily routine,” said Lt. Cmdr. David Rozanke, assistant chaplain aboard Stennis.

Naval Air Station Whidbey Island also held a comprehensive workshop for their Suicide Prevention Coordinators, consisting of resources from Military OneSource, Naval Hospital Oak Harbor and the Fleet & Family Support Center. The workshop covered various Life Skills topics that support stress navigation before suicide becomes a consideration. “If we’re better at handling the everyday things, we are going to be better prepared when the big stuff hits,” Chief Aviation Structural Mechanic (AW) Jeremy W. Carlson, Electronic Attach Squadron (VAQ) 129 assistant SPC told Navy.mil in a [related story](#).

Openly discussing stress, stress injuries and resources is one of the best ways to encourage your shipmates that “It’s Okay to Speak Up When You’re Down.” For more information on these proactive suicide prevention readiness efforts, see http://www.navy.mil/submit/display.asp?story_id=70915 and http://www.navy.mil/submit/display.asp?story_id=70697.

NEWS YOU CAN USE (CONT'D)

MCPON Holiday Message [All Hands Update](#)

Reserve Navy Chaplain [News Story](#)

Removing Stress From the Holiday [NIOC Pensacola Blog](#)

Social Worker Helps Deployed Sailors ‘Stop and Breathe’ [Pilot Online](#)

Budgeting for the Holidays [Military OneSource](#)

Naval Hospital Bremerton Raises Men’s Health Awareness [News Story](#)

Celebrating the Holidays at an Overseas Duty Station [Military OneSource](#)

Military OneSource Connects Troops, Families to Resources [Defense.gov](#)

Managing Stress for an Enjoyable Holiday [MHS Blog](#)

Navy is Putting High Priority on Preventing Suicide [Roll Call](#)

NMCS’s Tobacco Cessation Program Works to Kick Bad Habits [News Story](#)

Navy Civilian Now Fulfilling His Purpose in Life as a