



LIFELINK

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MARCH IS NAVY NUTRITION MONTH

"You can make a difference by planning and acting on ways to stay healthy and build resilience for you and your family." – Lt. Cmdr. Jennifer Wallinger, Dietician, Navy Physical Readiness

You are what you eat! NAVADMIN 051/13 announced March as [Navy Nutrition Month](#), and commands are encouraged to use the month as a launch-pad to increase food literacy and "reinforce a unit culture where 'the healthy choice is the easy choice.'"

"Being more aware of your choices and how your decisions affect your mood and energy levels can make a significant difference in your health and well-being," says Lt. Cmdr. Jennifer Wallinger, Dietician, Navy Physical Readiness. She suggests making a list of things that make you happy and ways you lower your stress to avoid using food to deal with everything from foul winter weather to uncertainties at work.

Eating mindfully doesn't mean going on a hardcore diet. Small changes in what you put in your grocery cart, or even the way you arrange foods in your pantry, can yield significant results. Like any mission, improving your health by good nutrition is an all hands evolution. Getting your friends, family or shipmates involved can help build a sense of togetherness and support while helping each other stay the course.

Now is a good time to take a look at your Stress Navigation Plan (available [here](#)). If you listed snacking or eating as a way to handle stress, take advantage of the resources released this month to promote *healthy* eating habits. By heading to the [Navy Nutrition Month webpage](#), you'll find team activities, POD messages and more tools to help you and your shipmates "eat right, your way, everyday."

"A big part of resilience is controllability, being able to choose what happens to you," said Capt. Kurt Scott, director, Navy Behavioral Health. "Sailors are our greatest asset and increasing control over eating decisions contributes to resilience."

For more Navy Nutrition information and resources click [here](#). Eat well!



[Navy Announces 1st Annual Healthy Recipe Contest](#)

"...Reinforce a unit culture where 'the healthy choice is the easy choice.'"

MORE NEWS YOU CAN USE
New on NavyNavStress

Navy Chaplains: Support for Sailors and Families in Uncertain Times
[NavyNavStress](#)

Get Your Financial Bearing Before Setting a Budget
[NavyNavStress](#)

Declare Financial Independence in 2013
[NavyNavStress](#)

LIFELINK NEWSLETTER

LIFELINK SPOTLIGHT

USS Ronald Reagan (CVN 76)

This month, the USS Ronald Reagan (CVN 76) is in the spotlight for being among the first aircraft carriers to implement the “[Galley Go Green](#)” program. The food color coding system uses green, yellow or red markers to “take the guess work out of knowing which foods are healthy,” said Reagan Fitboss Joshua Hackett in a recent [story](#). With preparations for the Physical Readiness Test in full swing, Sailors will feel like they have greater *control* of their diets, helping them maintain a healthy weight for the PRT while decreasing weight-loss stress. Controllability is one of the [Five Principles of Resilience](#), giving Sailors the tools to actually perform better during stressful situations. Having foods labeled in the Reagan’s serving lines, in addition to displays and a master food list to classify galley staples, promotes a healthy lifestyle from the inside out. Good nutrition is an essential part of effective stress navigation. Bravo Zulu shipmates! For more information, visit www.navyfitness.org.



Who will be next in the spotlight? Nominate your proactive SPC, caring shipmate or

leader, or your entire command for their efforts to build a sense of community and prevent suicide. Email your nomination to caroline.miles.ctr@navy.mil.

RESILIENCE CORNER

Retired Admiral and former Navy SEAL discusses benefits of yoga on Navy Live

This month, retired Rear Admiral Tom Steffens blogged for [Navy Medicine](#) on finding physical and emotional comfort in practicing yoga after being wounded in combat. Steffens developed adaptive yoga regimens to help Sailors and returning troops unite the mind, body and spirit—particularly those suffering from TBI (traumatic brain injury) and/or PTSD (post-traumatic stress disorder).



Demonstrated interest in adaptive yoga from servicemembers led Rear Adm. Steffens and his yoga teacher Annie Okerlin to establish the [Exalted Warrior Foundation](#), recruiting seasoned yoga teachers and training them in the specialized needs of servicemembers. Through the [Wounded Warrior Regiment](#), the program has been implemented at several installations and military hospitals nationwide—most recently working with Naval Medical Center Portsmouth. “Whether your wound or injury is from gunshot or explosion or accident or disease...yoga increases your breathing...gets your mind focused on the moment...and links you up again in a team,” he blogs. “This isn’t your mother’s yoga.” For more information and to view the original post on NavyLive, click [here](#).

Building Community... for life.



Academic research supports what the Navy has known for some time; a strong sense of community can serve as a protective factor and source of resilience for Sailors and their families during challenging times. Whether it’s formal networks

that bring together commands, leadership or institutional resources—or informal networks held together by strong bonds between coworkers, neighbors, family or friends—being a part of a community is a powerful source of pride.

Building community is one of the [Seven Everyday Ways to Promote Suicide Prevention Awareness](#). You never know when a small positive interaction you’ve had with someone in your community can lead to a renewed outlook on life. [You make a difference—pass it on!](#)

LIFELINK NEWSLETTER

Upcoming Events

SPC Basic Training Webinar
27 March
10 April

Sexual Assault Awareness Month
April

Share your upcoming events with us!

Contact Navy Suicide Prevention
[Email](#) | [Suicide Prevention Website](#)

Follow Operational Stress Control Online



NAVY CHAPLAINS: SUPPORT FOR SAILORS AND FAMILIES IN UNCERTAIN TIMES

Predictability and Controllability are Principles of Stress Control and Resilience. We may not know what to expect in these uncertain times, but we can rely on the support of our Navy Chaplains.

In these times of economic uncertainty so much can seem out of our control. From delayed deployments, to extended time at sea, to overseas orders on indefinite hold, to potential furloughs which can impact your child's schooling and day care routine, it's important to know who you can count on for support.



Chaplains offer a message of hope to you and your families, and we remain committed to supporting you with dignity, respect, and compassion. We are grateful for the trust you give us – and we regard it as sacred.

When you feel you have nowhere to turn during a personal crisis, or when you're concerned about command involvement or an impact on your career-- you are not alone.

Your chaplain is available 24/7 to provide you **confidential** support and a safe place to talk, **without fear or reservation**. Chaplains serve as your advocate to help you get the support you need to overcome the challenges we all face *together*.

I encourage you to reach out to your command chaplain today. Don't know who your nearest chaplain is? Not near a Navy or Marine Corps installation? Call Navy 311 to request chaplain support in your area: 1-855-NAVY-311.

By Rear Admiral Mark L. Tidd, Chief of Navy Chaplains for www.NavyNavStress.com

NEWS YOU CAN USE

Mindfully Choose What You Eat – An Easy Way to Build Resilience [Navy.mil](#)

Navy Nutrition Month: Take the Guesswork Out of Meal Planning [Navy.mil](#)

Navy Creates iPad App for Managing Stress and Fending Off PTSD [Navy.mil](#)

Navy Asks You to Share Your Culinary Creativity [Navy.mil](#)

Resilient Marriage Equals Strong Marriage [DCoE Blog](#)

Is Stress Changing Your Life? [DCoE Blog](#)

Stennis Sailors Participate in MetCon Contest [Stennis74 Blog](#)

Feelings Surrounding a Postponed Deployment [Military One Source](#)

Detecting, Treating Brain Injuries is Topic of March Health Campaign [MHS Blog](#)

Need a good laugh today? Check out this cartoon by Jeff Bacon, illustrator of *Broadside*: [Positive Strokes](#)