



#BeThere for Every Sailor, Every Day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Suicide Prevention Month starts today. Challenge yourself to 1 Small ACT each day to build healthy habits for yourself and to Be There for Every Sailor, Every Day.</p>	<p>2 De-stress with some belly breathing. Take long, slow, deep breaths. As you breathe, gently disengage your mind from distracting thoughts and sensations.</p>	<p>3 Safe homes save lives. Under times of increased stress, store your firearm unloaded with a gunlock in a secured safe, separate from ammo. For more options, check out NAVADMIN 263/14.</p>	<p>4 What you say to a Navy chaplain stays with a Navy chaplain unless you decide otherwise. Text navy311@navymil.in in the "to" line to find chaplain support in your area.</p>	<p>5 Humor and laughter are good medicine for stress relief. Make it a habit to spend time with friends who make you laugh – return the favor by sharing funny stories with those around you.</p>	<p>6 Make a gratitude board. A gratitude board helps keep you grounded in the moment, thankful for what you already have while looking forward to your aspirations.</p>	<p>7 Did You Know: Facebook, Twitter and Instagram all have safety teams ready to assist if you see a concerning post from a friend. Take a few moments to learn about their protocols.</p>
<p>8 The Military Crisis Line is one of many outreach resources. Save the number (1-800-273-8255, press 1) in your phone. There's even a text message number too (8382255).</p>	<p>9 Know who your Suicide Prevention Coordinator is? If not, take some time to find out and connect with them this week.</p>	<p>10 Share with a shipmate: Less than 1% of security clearances are revoked or denied for mental health reasons.</p>	<p>11 Talking to a peer can help you gain new trust and perspective to get over a setback. Make it a goal to check in with 3 people you care about this week.</p>	<p>12 Remind a shipmate or a loved one of something they have done that you truly appreciate. Caring is at the heart of connectedness.</p>	<p>13 "Mountain pose" can help you stay grounded. Stand tall with your feet hip-width apart, hands by your sides and palms forward. Relax and breathe deeply.</p>	<p>14 Look for ways to find meaning right where you are. A greater sense of purpose promotes healthy stress navigation, thoughtful decision making and better performance.</p>
<p>15 Don't push through dehydration. Even moderate levels can elevate feelings of anxiousness. Follow the 8x8 rule – get eight 8-ounce glasses every day this week.</p>	<p>16 Take care of yourself with a quick check up for the neck up. Visit yetselfcheck.org to take a confidential and anonymous self-check.</p>	<p>17 Gym time boosts your mental and physical health. Make working out a self-care priority this month. Team up with a friend for accountability.</p>	<p>18 Noticed small changes in a friend's behavior? You don't have to see every sign to ACT! Don't know what to say? Try: "This is awkward, but I'd like to know if you're really all right" to get the conversation rolling.</p>	<p>19 Share a meal with your family or shipmates. That sense of belonging when you share a meal is a protective factor against stress and suicide.</p>	<p>20 Stress piling up faster than normal? Take a few extra precautions to help keep you and your family safe. Visit your local FFSC for extra support.</p>	<p>21 Sleep Tip: Avoid big meals, caffeine, alcohol and sugary drinks before bed – they can throw off your sleep and increase stress.</p>
<p>22 To mentally prep for your next workday, try this tip: Go through your to-do list in your head while standing in line for or brewing your next cup of coffee.</p>	<p>23 Share with a shipmate: Disposing of prescription medications properly and promptly reduces access to lethal means of suicide.</p>	<p>24 Open up. Simply talking with a close friend about a problem can help you reframe it or find a solution.</p>	<p>25 Plan a fun game night with your buddies. Relieve stress with friendly competition, jokes and laughs.</p>	<p>26 Let three shipmates know you are there for them and they can ask for advice or just express themselves any time without worry.</p>	<p>27 Celebrate your accomplishments. Take a minute to look back on how far you've come and the achievements that make you proud.</p>	<p>28 Text or call someone who has gone the extra mile for you and just say "thanks." You can boost their mood and yours.</p>



#BeThere for Every Sailor, Every Day.

<p>29 Alcohol not only impacts physical health, but also mental and emotional wellness if consumed irresponsibly. Instead of alcohol, focus on positive measures to counter stress like physical activity, listening to music, reading or meditation..</p>	<p>30 Keep it going! Follow us online for small ACTs to help you continue to strengthen your psychological well-being and prevent suicide all year long.</p>	<p>Navy Suicide Prevention Month is not just a 30-day blitz of suicide prevention efforts; it is the starting point for year-long conversations on how to be there for Every Sailor, Every Day.</p>
---	---	---