



LIFELINK

NEWSLETTER

Page 1
 Feature: Navigating Transitions, 2
 Alternative Watch Schedule
 News You Can Use

Page 2
 LifeLink Spotlight
 Resilience Corner

Page 3
 Feature: Keeping Momentum Going
 Upcoming Events
 News You Can Use

WHAT'S NEXT? NAVIGATING TRANSITIONS, PART 2

Whether it's a welcomed one or unexpected, change isn't always easy—but it's always an opportunity for growth. Zeroing in on the present may help you avoid stress to keep you focused on the mission at hand, but that avoidance may become a practice on and off the job, especially when facing a major transition. Perhaps you'll be separating from your current command for an upcoming PCS, deployment, or for other reasons; or you're facing retirement or leaving the Navy. Even in unfamiliar situations, [Controllability and Predictability](#) can help you navigate new waters and thrive in your next phase of life.

One way to gain a sense of control and prepare for any transition is to start making connections. If you're going to PCS, think of someone that you can reach out to when things get stressful. Give him or her a heads up that you'll be moving and ask if they will help you get connected within your new community. [Sponsorship programs](#) can also help you and your family get linked into your new unit, while your local [Relocation Assistance Program](#) can help simplify your move.

Sailors who aren't in transition can help those who are by checking on that person regularly to see how things are going. They'll appreciate a trusted friend having their back, and your perspective might help them get a better grasp on what lies ahead. Leaders can help as well. Send personal introductory letters or emails to a new check-in's family and ask about their specific needs or questions. Building that connection early on will help families feel comfortable speaking up if they have concerns about their Sailor that leadership may not otherwise detect. A supportive command environment can help ease the transition process.

Proactive preparation can also help reinforce a sense of control and predictability. Deploying? Whether you're a first timer or a pro, [planning](#) is crucial to help you and your family manage logistics and shape expectations in advance. The excitement of coming home can be stressful as well, especially with the change in pace when reintegrating back into family life. Check out this [Real Warriors feature](#) for tips to consider when reconnecting with family and friends.

Perhaps the most anxiety-producing transition is preparing for life after a Navy career. Navy's [Transition GPS](#) can help with pre-separation questions. You can also take proactive measures, like learning how to "[de-militarize your resume](#)," in order to take some of the stress out of the next phase in life. Speaking with friends who have already retired or separated and are thriving in their new careers can also ease anxiety—and help get you connected.

With any change, the [Relationships](#) you build will carry you through life's challenges. Having the support of others, controlling what you can and preparing for the predictable can help take the stress out of the next chapter. Remember, "*It is not the strongest of the species that survives, nor the most intelligent. It is the one that is most adaptable to change.*"
 —Charles Darwin



Heard about the Alternative Watch Schedule? Click above to view new PSAs about sleep and fatigue, developed by Naval Safety Center, OPNAV, SURFLANT and Naval Post-graduate School.

NEWS YOU CAN USE

Crunch Time—Navigating the Stress of Selection Board Season [NavyNavStress](#)

What's Next? Navigating Transitions Pt. 1 [NavyNavStress](#)

Surface Navy Association Recognizes Circadian-based Watch Efforts with Literacy Award [Navy.mil](#)

Former NFL Players Talk to Vets about Transitions [Stars and Stripes](#)

[LifeLink Archives](#)

LIFELINK NEWSLETTER

LIFELINK SPOTLIGHT

ASAN Treveyon Holland & IS2 Brittany Dempsey

This month's LifeLink Spotlight goes to two USS John C. Stennis (CVN 74) Sailors who sprang into ACTion when another Sailor was in need—despite the Sailor being miles away.

Aviation Support Equipment Technician Airman Treveyon Holland realized his introverted personality might make it harder to fit in with some of his shipmates when he came aboard Stennis before its 2012 deployment. After a while, however, he'd made a strong connection with one shipmate who became like a sister to him. Even her unexpected return to Washington during their deployment for medical reasons couldn't break the bond the two made over the months. They stayed in contact through the ship's phone and email. "We were both still very close and turned to each other for support," Holland said in a related [Stennis74](#) blog post. "We were still like brother and sister."

Though keeping in contact was a little more difficult when Holland's friend later deployed with her new command, they still spoke through the occasional phone call. Eventually, he noticed a change in the fellow introvert who described how she felt alone and unneeded. He encouraged her to seek help and tried to keep her upbeat, but she didn't seem to improve as time passed. When she indicated thoughts of suicide, Holland wasn't sure if she was joking or serious—but he decided to [ACT](#). He immediately reached out to the junior officer of the deck, and when a nearby concerned shipmate (Intelligence Specialist 2nd Class Brittany Dempsey) overheard the situation, they sprang into action together to look up contact information for the friend's command. Shortly afterward, Holland received a phone call from the command that his friend was found safely. He also received a grateful call from his friend. Though he was worried that she may be angry with him, the two were back to telling jokes by the call's end. "I knew we were still friends and nothing had changed," he said.

Both Holland and Dempsey received letters of thanks from their commanding officer (CO) and the CO of Holland's friend's ship. When asked about helping a shipmate in need, Holland encouraged others not to hesitate to be there for them. "It was the right thing to do."

RESILIENCE CORNER

Respect and Readiness: Navy Region Hawaii PR Summit

Respect was the theme at the annual U.S. Pacific Fleet and Navy Region Hawaii Personal Readiness (PR) Summit held earlier this month. The summit—addressing readiness through the lenses of command climate, sexual assault prevention and response, drug and alcohol abuse prevention, suicide prevention and more—helped local leaders understand the various causes of stress and positive ways to mitigate stressors before they lead to destructive behavior. "We are gaining an understanding of...what we can do to improve quality of life, quality of work and, therefore, quality of service for ourselves and others," said Rear Admiral Rick Williams, Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific in a recent [editorial](#).



The summit included facilitated and interactive discussions offering local leaders the opportunity to engage with Navy's "people program" policymakers to discuss potential issues at the command-level, sharing best practices and increasing awareness of new initiatives and resources. The diverse program included a "Comedy is the Cure" all hands call and a candid address by Chief Parachute Rigger Jeromy Kelsey, who shared his [personal story](#) of overcoming adversity and surviving a suicide attempt. Respect was emphasized throughout, promoting the importance of leadership engagement, community, peer support and trust to strengthen the fleet.

"There is always the unknown in life," said Rear Adm. Williams. "However, if our shipmates have faith in a system that advocates for their interests and encourages confidence...the uncertainty becomes stability." [Read more about the Personal Readiness Summit here.](#)

Navy Leader's Guide Now Available in Smartphone Application

The [Navy and Marine Corps Public Health Center \(NMCPHC\)](#) recently launched a smart phone application for the [Navy Leader's Guide for Managing Sailors in Distress](#), an online handbook to help Navy leaders recognize and help Sailors displaying distressed behaviors. The mobile app edition allows leaders to take it with them anywhere they go—deployments, training missions, or as a quick resource while on the go in port. The app is now available on [iTunes](#) and [Google Play](#) and can also be accessed from both the [NMCPHC](#) and [T2](#) websites.

LIFELINK NEWSLETTER

KEEPING THE MOMENTUM GOING IN 2014

FEBRUARY EVENTS

CSADD focus:
Responsible Use of Alcohol
 February

African American History Month
 February

SPC Basic Training Webinar
 Mar. 12
 Mar. 27
[Register Here!](#)

Over the past few months, the Navy Suicide Prevention and Operational Stress Control team have provided a variety of resources to help Sailors and families *Thrive during the Holidays*. While many of those resources were geared toward navigating the stress of the holiday season, the heart of each is applicable all year long—from seeking to have better control of your budget, to strengthening relationships or committing to healthier living. Don't let your efforts to thrive fall by the wayside (like most New Year's resolutions do). Reflect on the strategies that worked best for you and try to incorporate them into your daily life and routines in 2014, empowering yourself to take control of stress proactively so that you can enjoy all that life has to offer. Challenges may surface, but with a strong sense of self, the support of your community, and guidance from the [Five Principles of Resilience](#), you can make 2014 your best year yet.

If you find yourself in need of something to make you smile this year, take a look at these wonderful [coloring page submissions](#) from our NORAD Tracks Santa collaboration (artists ranging from ages 1 to 35!). Here's a recap of our *Thrive during the Holidays* blog posts and Navy.mil stories:

["Navy Announces New Holiday Stress Navigation Campaign, "Thrive During the Holidays"](#)
["Food Savvy for the Holidays"](#)
["Spring forward, fall back and THRIVE"](#)
["Taking the Stress Out of the Holidays while your Spouse is Deployed"](#)
["Helping Navy Families Thrive During Deployment"](#)
["Thank Your Body this Thanksgiving"](#)
["Thankful to Serve Those Who Serve"](#)
["Balance Your Holiday Spending"](#)
["Unwrap Some New Tools this Holiday Season"](#)
["December is Impaired Driving Month"](#)
["Sailors and Families Track Santa"](#)
["Getting Ahead of the Humbugs"](#)
["Comfort Foods Can be Healthy, too"](#)
["Resolving to THRIVE in the New Year"](#)
["The Credit Card Statements Are In...Now What?"](#)

Stay tuned for more from our *NavyTHRIVE* campaign in 2014! In the meantime, check out Navy and Marine Corps Public Health Center's [NavyTHRIVE infographic](#).

Contact Navy Suicide Prevention

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

Follow Operational Stress Control Online...



MORE NEWS YOU CAN USE

Social Fitness, Building Health Social Ties [Real Warriors](#)

Making a Connection [All Hands Magazine](#)

Go Make it Happen [Northwest Guardian](#)

Eat These Foods for a Restful Sleep [Health.mil](#)

Reduce Stress and Improve Your Health in 6 Easy Steps
[Military Pathways](#)

A Word of Caution: Consequence of DUI [Stennis 74 Blog](#)

Social Media's Unique Relationship with Military Families [Military Pathways](#)

How Tobacco Discriminates against Women
[Navy Medicine Live](#)

NSE Sailors Focus on Suicide Prevention [Navy.mil](#)

Laughter is good medicine for stress relief. Check out the latest from Jeff Bacon, creator of Broadside: [Reinforcements](#)