



LIFELINK

NEWSLETTER

Page 1

Holiday Stress & Spending
Never Walk Alone
News You Can Use

Page 2

LifeLink Spotlight
Resilience Corner

Page 3

Got Time?
Upcoming Events
News You Can Use

THE 80/20 APPROACH TO STRESS (AND SPEND!) LESS THIS HOLIDAY SEASON

By: Stacy Livingstone-Hoyte, AFC™, NavyNavStress guest contributor

The “most wonderful time of the year” is upon us, but amidst the excitement, the holiday season can leave us with cold realities to face: lingering debts piled on from two seasons ago, the thought of budgeting for holiday parties, gifts, travel – and not to mention the great expectations of loved ones. Before accepting that overspending is unavoidable, apply the [Principles of Resilience](#) to think strategically and act decisively. Meaningful goals can be your offensive tactics to battle any holiday excess and keep an even keel throughout the stress and excitement.

Strategic thinking involves assessing your views and making purposeful decisions that will lead to success. Let’s consider an 80/20 approach to help us put more effort and concentration into what’s really important. Using this as a goal, our holiday focus should be personal relationships (80%) and spending (20%). Although the success we hope to achieve here is financial, we can also achieve peace of mind. The starting point of our holiday budget planning should be a conscious process where we identify what is truly important in the scheme of things. Usually, personal relationships and reflection/meaning are at the heart of this search. The 80/20 approach is a simple way for us to understand and accept what most of us already know and believe – the focus of the holidays is family and togetherness, not extravagant spending.

In addition to having the mental framework to plan for the holidays, it’s important to analyze your financial state and prepare a budget that clearly identifies your spending limits, debt and savings goals. Be sure to account for any extra income, create a buffer for unplanned activities, and don’t forget to estimate the cost of postage and gift wrapping. Now set realistic goals, like avoiding additional credit card debt (using a layaway is a good option). Step back and evaluate your budget based on the 80/20 approach to help you achieve balance, and adjust as necessary. Once finalized, place your budget in an easily accessible place so that you can closely refer to it during those tempting holiday promotions. Conscious holiday spending can also create an opportunity to save cash and put it toward existing debt or savings. Consult your Command Financial Specialist (CFS), FFSC financial counselor or Military OneSource advisor for help creating a spending plan.

Don’t forget to take care of *yourself* this season. Now is a good time to update your [Stress Navigation Plan](#). Follow [NavyNavStress](#) for the next part in our series!



Read and share “Never Walk Alone,” an inspiring four-part series in All Hands Magazine about a Sailor’s healing and recovery process after attempting suicide.

NEWS YOU CAN USE

Never Walk Alone, Pt. 1
[All Hands Magazine](#)

Never Walk Alone, Pt. 2
[All Hands Magazine](#)

Never Walk Alone, Pt. 3
[All Hands Magazine](#)

Never Walk Alone, Pt. 4
[All Hands Magazine](#)

Navy Chaplain Corps Enhances Pastoral Care Capabilities in Suicide Prevention, Intervention, Postvention [Navy.mil](#)

Changing the Message about Suicide [EDC.org](#)

LIFELINK NEWSLETTER

LIFELINK SPOTLIGHT

USS Carl Vinson (CVN 70)



This month's spotlight is shining bright on the USS Carl Vinson (CVN 70). Commanding Officer, Capt. Karl O. Thomas and his Media Department recognize how essential peer-to-peer connections and community support are in building resilience. That is why they have dedicated efforts to encourage and reward Sailors on social media, while simultaneously keeping Vinson family and friends informed and engaged.

If you head over to the command's YouTube page, there is a video series, called "[USS Carl Vinson \(CVN 70\) on the Deckplates](#)," where Capt. Thomas hits the deckplates to surprise and recognize Vinson Sailors going above and beyond the call of duty. He also gives them an opportunity for a shout-out to their loved ones back home. Additionally, their regular newscast, called "[USS Carl Vinson's 'The 70'](#)," communicates shipboard news and events to keep loved ones engaged.

In addition to these videos, Capt. Thomas also writes a series of blog-like notes, called [Captain's Corner](#), on the command's Facebook page. Captain's Corner serves as an open letter to the "Friends and Families of America's Favorite Carrier," informing them of the work that is being done while underway. In one [Note](#), Capt. Thomas talks of a Sailor who has one of the most physically demanding job onboard. He discusses the importance and function of the job to readers, closing with: "*I gained a sincere appreciation for the physical nature of this particular watch... but most importantly, as the Captain I validated my confidence in the Sailors who are working 17 decks below my chair on the bridge--day in and day out to ensure Carl Vinson is ready to answer the call with four shafts answering the bell.*"

Leadership engagement is at the forefront of promoting open and honest communication. Bravo Zulu, Capt. Thomas and the USS Carl Vinson Media Department, for leading by example and demonstrating what it means to be there for *Every Sailor, Every Day!*

RESILIENCE CORNER

Our Chosen Family

By retired Navy Lt. j.g. [Laura Root](#), a [Navy Wounded Warrior](#) – [Safe Harbor](#) enrollee who was diagnosed with muscular dystrophy in 2011.

In May 2013, I returned to D.C. feeling elated about the gold medal in shooting I earned at the recent Warrior Games. I walked through the front door of a friend's house and stopped short at the tell-tale expression of disaster on her face. The night before, a beloved friend, mentor and Marine died by suicide.

Despite his silent suffering from the invisible wounds of PTSD after multiple combat tours, everywhere he went people were drawn to his charisma and positive attitude. Anytime someone complained, he simply said: "That's terrible! It's just like the day I found out MREs (Meals Ready to Eat) weren't organic!"

Following the loss of our friend, we were asked: "If you had a choice to receive a wonderful gift, but you knew it would only last for too short a time, would you still accept it?" We all nodded in our grief, but the feeling that we should have done more still tugs at us a year later. I can't help but wonder if my mentor and friend would still be here if he had the opportunities that I did from [adaptive sports](#).

Sports and interactions with the military family are incredibly powerful healing tools for wounded, ill and injured active duty and retired veterans. Focusing minute-to-minute on a shooting range, track or cycling course trains our minds to focus on what we can do, what lies ahead, and what we can still achieve. Interacting with other veterans reminds us that we are not alone. Ultimately, we realize shot-by-shot or step-by-step, we can put our lives back together and thrive in the face of adversity.

We will never return to being the same people we were before wounds, injury or illness, but we become someone new, adapted and more resilient. Because of adaptive sports programs, there are fewer people like my dear friend – veterans who struggle in silence. To me, being a [Warrior Games](#) competitor helps you recover faster, both physically and emotionally, by connecting you to a network of support, which can be a protective factor against suicide. The athletes begin looking towards the future – together – and, with time, they triumph over obstacles that once seemed insurmountable.

Every person at Warrior Games is one more veteran with a better quality of life, with a brighter future and a healthier outlook. It is sometimes said that our adaptive sports community is our "chosen family," and that is a wonderful gift. It's where we remember what our lives can become even after we face our worst-case scenarios. It's where we always find the people we love most and our reasons to carry on.

LIFELINK NEWSLETTER



UPCOMING EVENTS

Tobacco-Free Living Month

November

Military Family Appreciation Month

November

SPC Basic Training Webinar

November 13
[Register Here!](#)

Happy Veterans Day!

Contact Navy Suicide Prevention

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

Follow Operational Stress
 Control Online...



GOT QUALITY TIME?

Lt. Baron Miller, Navy chaplain, offers insight on maintaining the balance between quantity and quality to make time spent with loved ones meaningful this holiday season.

As we approach the holidays, there is one thing people commonly associate with the season: time with family and friends. People are accustomed to being with loved ones during the holidays—and that's well and good. We should long to be with our family and friends while we share meals and cheer. However, I've observed an interesting phenomenon that occurs during the holidays: the expectation of *quality* time spent with those we love.

Everyone wants *quality* time. The problem is we want it like microwaved food—fast, easy, and effortless. But relationships don't work that way, nor do marriage and parenting. If you want *quality* time, you must log the *quantity* time.

If you've ever deployed, you probably understand this principle without even knowing it. Remember those first few precious days home? Though you love the ones you're with, there is a transition period where you can find yourself readapting to the intimacy of those relationships. That's because *quality* time requires *quantity* time. If we're not logging in the hours of *quantity* time it's difficult to expect *quality* time to just appear; it must be nurtured and that comes with *quantity*.

I recall sending postcards to my wife and kids on all my deployments. This may sound crazy, but I would try and send one every day. I would buy huge quantities of silly and serious postcards and spend whatever was necessary on the postage. Daily, I would write a sentence or two, that's it, just to let them know I missed them and to keep myself fresh in their memories. A few words every day isn't too difficult, but it went a long way when it came to reintegrating after deployment. It was during this time I realized that I spent the *quantity* time, even while deployed, that led to *quality* time when I arrived home.

Maybe you aren't currently deployed, but in homeport, and life is moving at a normal pace. The danger of letting *quantity* time slip away is still present. We can get comfortable in routines and forget the ways we once showed those we love how much we value and appreciate them. We can forget that it is in the simple, ordinary and even mundane rhythms of *quantity* time spent with each other that ripen situations for *quality* time.

If you want the joy of intimacy that comes with *quality* time this holiday season, whether in your friendships, your marriage, or with your kids, first put in the *quantity* time.



MORE NEWS YOU CAN USE

How to Make Your Sailor the Ultimate Holiday Package
[NavyLive](#)

Navy Widow Shares Story of Husband's Suicide to Help
 Save Others [WKTR](#)

Accessing Care at Military Treatment Facilities
[Real Warriors](#)

Studies Link Lack of Sleep to Greater Suicide Risk
[Health.mil](#)

Unchecked Anger - Take a Few Tips from HPRC [HPRC Blog](#)

E-cigarettes: Harmful or Helpful [NMCPHC](#)

Military Suicide Survivors Help Each Other Heal at Seminar
[Stars and Stripes](#)

Looking at my Reflection: Mental Fitness as a Psychologist
[Navy Medicine Live](#)

Chaplains Serve on the Front Lines to Combat Anxiety,
 Stress [DCoE](#)