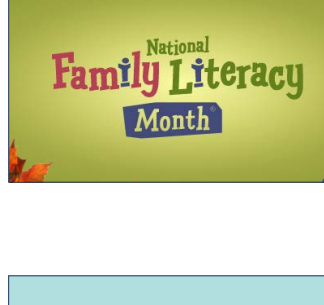


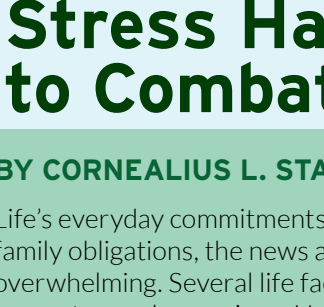
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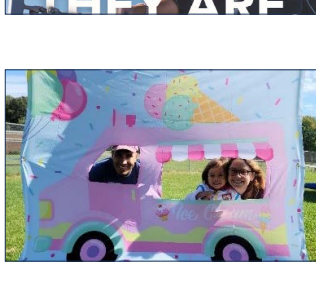
The holidays are a time for family and cheer, but making sure the house is clean, the food is ready, and the presents are wrapped and ready to be opened can be overwhelming.



Family Literacy Month is an opportunity to celebrate families learning and reading together. Families are a child's first and best teachers, so take time this November to improve your literacy skills



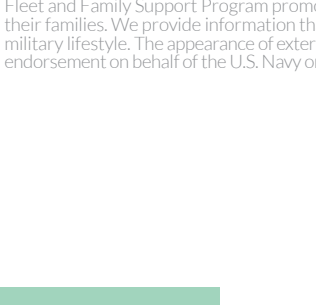
This month, we are proud to recognize and celebrate National Adoption Month. We all know that parenting in the military can come with its own set of unique challenges.



Election Day is November 7, and your vote matters. 2023 is not a presidential election, but around the country, there will be elections for local offices, governors, state legislators, special



Naval Station Mayport, Florida, celebrated their Navy Family Ombudsmen with an appreciation dinner on Ombudsman Appreciation Day. Naval Air Station, Patuxent River



See the full list of webinars available on www.MyNavyFamily.com this month. Topics include Deployment, Employment, Finance, Life Skills, Parenting, Relocation and Transition.

Family Connection is a publication of the Fleet and Family Support Program. The Navy's Fleet and Family Support Program promotes the self-reliance and resilience of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle. The appearance of external links in this newsletter does not constitute official endorsement on behalf of the U.S. Navy or Department of Defense.

Stress Happens, Here are Tips to Combat It

BY CORNEALIUS L. STAMPS, LCSW-C

Life's everyday commitments, such as fulfilling employment, family obligations, the news and caring for oneself may become overwhelming. Several life factors can cause a person to feel more stressed or anxious. However, stress and anxiety may have different long-term and short-term consequences on a person's mind and body.

WHAT IS STRESS?

Stress is a physical, mental and emotional reaction that people might experience as a result of external factors. Sometimes, one may be able to tell if they are stressed based on how they are behaving or feeling. Other times, it can be difficult to determine if that is the feeling they are experiencing.

It is also important to recognize that even positive life events can cause stress, such as planning a wedding, buying a house or relocating to a new area. These events might bring happiness, but they can also be stressful and feel the same as stressful factors, like planning and managing your finances.

Here are some mental or behavioral symptoms one may experience if they are stressed:

- Feeling nervous
- Feeling overwhelmed
- Feeling uninterested in life
- Experiencing racing thoughts
- Feeling irritable or angry

Everyone feels stress at some point in their life, but there are actions they can learn to control stress levels. Understanding how to respond to stress and which coping strategies work best can assist in a healthy recovery.

Coping strategies are healthy methods of channeling stress into useful outlets. The following strategies are ways to manage difficult feelings and lessen the negative emotions that one may experience:

- Working out
- Eating healthy
- Taking a walk
- Spending time with loved ones
- Relaxing
- Laughing
- Getting enough sleep

It is never too late to learn how to handle stress. For more information, contact your installation's [Fleet and Family Support Program](#).

November Holidays and Observances:

- November 5 — Daylight saving time ends
- November 7 — Election Day
- November 7 — U.S. Marine Corps' 248th Birthday
- November 11 — Veterans Day
- November 23 — Thanksgiving Day
- National American Indian Heritage Month
- National Family Caregivers Month
- National Family Literacy Month
- National Veterans and Military Families Month
- Wounded Warrior Month

9 Tips to Fend Off Holiday Stress

FROM PETER REISNER, M.D. ON WWW.MAYOCLINICHEALTHSYSTEM.ORG

The holidays are a time for family and cheer, but making sure the house is clean, the food is ready, and the presents are wrapped and ready to be opened can be overwhelming. These factors can bring unwanted stress and depression in a time meant for happiness.

Some important, practical tips can help minimize the stress that accompanies the holidays. These tips may even help you enjoy the holidays more than expected.

Through the endless parties, cooking, shopping and cleaning, try taking one of 9 steps to ensure you have a stress-free holiday:

1. PLAN AHEAD

Between co-workers, friends and family, it's inevitable that some commitments will end up on the same day. Make sure to plan on what you can attend in person or virtually. If you're hosting the holidays, create a menu to help you stay organized and make grocery shopping easier.

2. SAY NO

With holiday commitments, it is OK to say no to a few or all of them. It also will help relieve some stress. Try sharing your to-do list with other family members.

3. PLAN SPENDING

The holidays mean spending money. Make a budget and stick to it. Spending money on your loved ones is important, but it's also important to pay your energy bill. Don't buy gifts that you'll be paying off for the year.

4. CREATE RELAXING SURROUNDINGS

Turn on some music, light some candles or open the windows on a sunny day. Research has found that listening to music and the scent of citrus can boost feelings of well-being, and vitamin D is always a happiness booster.

5. MAINTAIN HEALTHY HABITS

The holidays are notorious for ruining healthy habits. A short workout each morning will help your decision-making throughout the day. Eat healthy snacks like fresh fruit or vegetables throughout the season and to fill up before a dinner party or celebration with tempting but unhealthy foods.

6. SHARE FEELINGS

Spending a holiday after a loss in the family can be difficult. Accept your feelings and open up about them to others. It may make you feel better to share. Try to switch up old traditions to ease the loss.

7. RESPECT DIFFERENCES

Family members will have different viewpoints than your own. Try your best to forgive and forget this holiday season. Focus on your similarities, and replace tension with something productive.

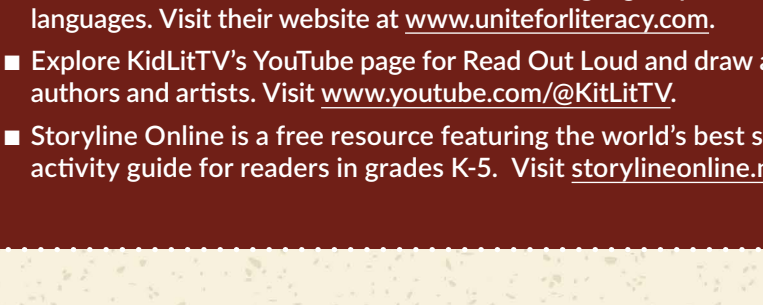
8. BE REALISTIC

You are only one person, and you can only do so much. Be realistic with how much you can handle this season. Forget about perfection, and relax and enjoy the company surrounding you.

9. TAKE A BREAK

Don't forget about your own needs. Take a nap, go for a short walk, read a book or watch a funny movie. Laughing relaxes the whole body and can relieve physical tension and stress.

Holidays are meant to be a fun, enjoyable time with friends and family. These tips can help ensure you truly enjoy your holidays when stress starts to set in.



Family Literacy Month is an opportunity to celebrate families learning and reading together. Families are a child's first and best teachers, so take time this November to improve your literacy skills together. Here are a few ideas and resources to enjoy during Family Literacy Month.

Listen to an audiobook together. An audiobook can make the time you spend carpooling or working on chores or crafts fly by. Audiobooks can also help developing readers improve their skills as they read, follow along in a printed copy and hear the words they see on a page. You can download audiobooks from the [DoD MWR Library](#) or your local library.

Visit a Little Free Library. Little Free Libraries are community book-sharing libraries in neighborhoods and urban centers all over the world based on the concept "take a book, share a book." Most little free libraries have books for all ages and reading levels. Visit the [Little Free Library website](#) to find one near you and choose some books to read together or share some books that your family has outgrown.

Make a habit of reading together. Reading stories together at bedtime is a wonderful time to connect as a family and settle down for the day. However, bedtime is not the only time to read together. Choose a regular time that works for your family and build it into your routine.

Visit online resources to build confidence in younger readers. There are many free resources to help build reading skills.

- Unite for Literacy provides a free online library with more than 400 picture books, 1/4 of which are in Spanish. The digital books have audio narration in more than 40 languages spoken by native speakers, including Indigenous and endangered languages. Visit their website at www.uniteforliteracy.com.

- Explore KidLitTV's YouTube page for Read Out Loud and draw along videos and other activities with your favorite children's authors and artists. Visit www.youtube.com/@KidLitTV.

- Storyline Online is a free resource featuring the world's best storytellers reading books out loud. Each video includes an activity guide for readers in grades K-5. Visit storylineonline.net.

Finally, don't forget to explore the resources available at Military One Source. With a whole MilGuide dedicated to Adoption and Fostering, this resource can support you and your family whether you're just beginning to explore an adoption or foster care placement, or if you've already grown your family through adoption or foster care placement.

Families play an incredibly important role in fulfilling the Navy's strategic goals and objectives; as they say, "strong families make a stronger fleet." For more information, visit your local Fleet and Family Support Center.

November is National Adoption Month

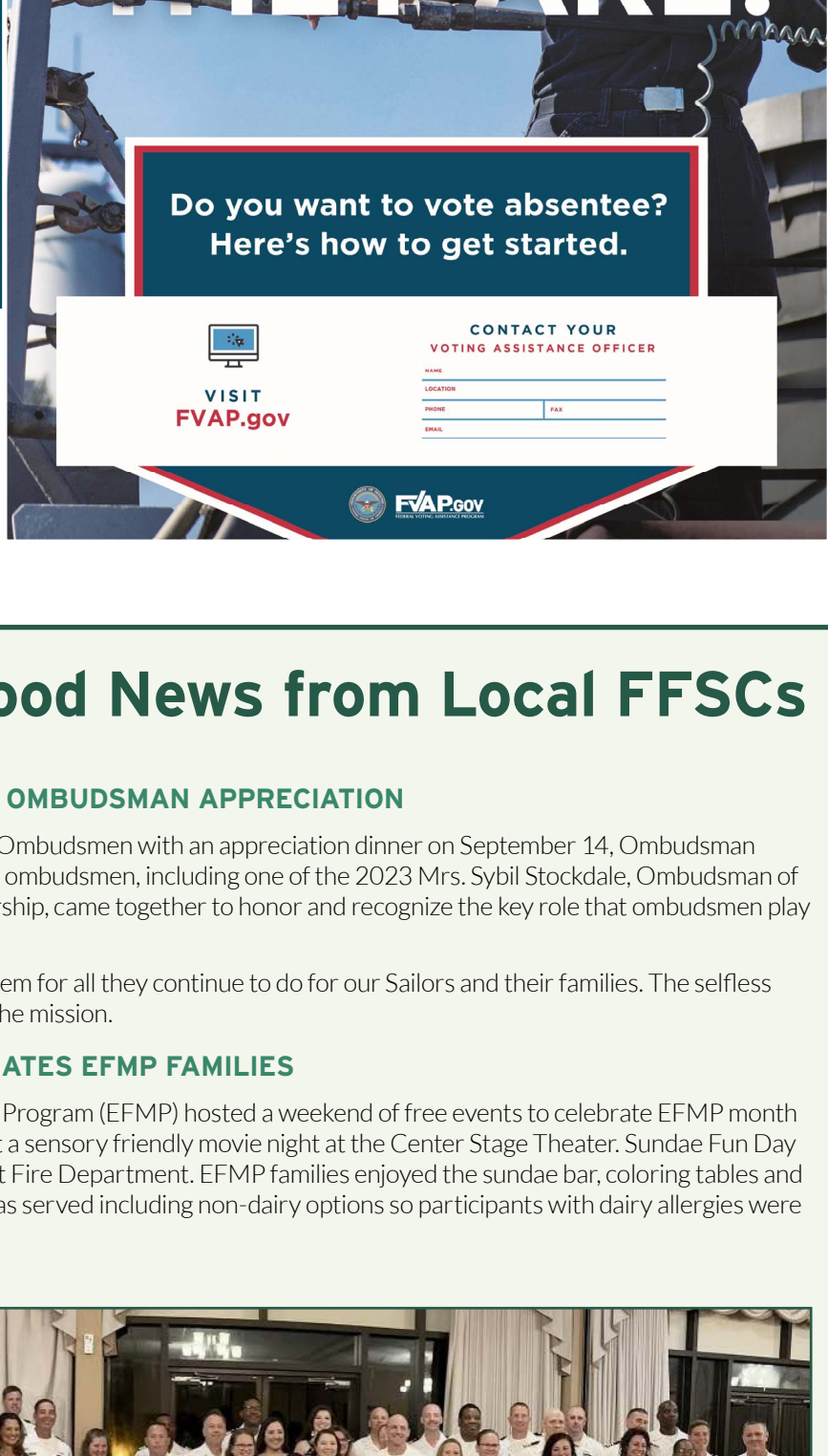


On November 7th, Your Vote Matters

Election Day is November 7, and your vote matters. 2023 is not a presidential election, but around the country, there will be elections for local offices, governors, state legislators, special initiatives and at least three special elections for seats in the U.S. Congress. Due to frequent moves and living away from their home of record, it can be challenging for military members and their families to cast their ballots. The Federal Voting Assistance Program (FVAP) wants to make it easier for service members and their families to have their voices heard.

The FVAP encourages service members and eligible family members to use the Federal Post Card Application to start the absentee voting process, as it is standardized for use across all states and will extend eligibility to receive a ballot for all federal elections for at least one calendar year. The FPACA acts as both a registration and absentee ballot request form.

Visit www.fvap.gov/military-voter for more information, or contact your Installation Voter Assistance Office for more information and ensure you are ready to vote in the next election.



YOUR Virtual FFSC WEBINAR SCHEDULE



October 2023

We are all more organized in different areas of our life, but luckily FFSC has Subject Matter Experts that can provide you more tips and tricks to help tackle the areas that need improvement. Spouses are encouraged to attend all of these trainings. Be sure to pass this flyer on.

How to register:

Step #1: Make a free account at MyNavyFamily.com (NMCI use <https://learning.zeiders.refineddata.com> at least one day before the webinar. Follow the on-screen instructions to create a new account. Be sure to enter your time zone!

Step #2: Click on "Live Webinars" at the top of the page to view the full list of offerings.

Step #3: Click on the title of a session to view the information and description.

Step #4: Click on "Register Now" to register for the course.

You will get reminder emails with your personalized link.



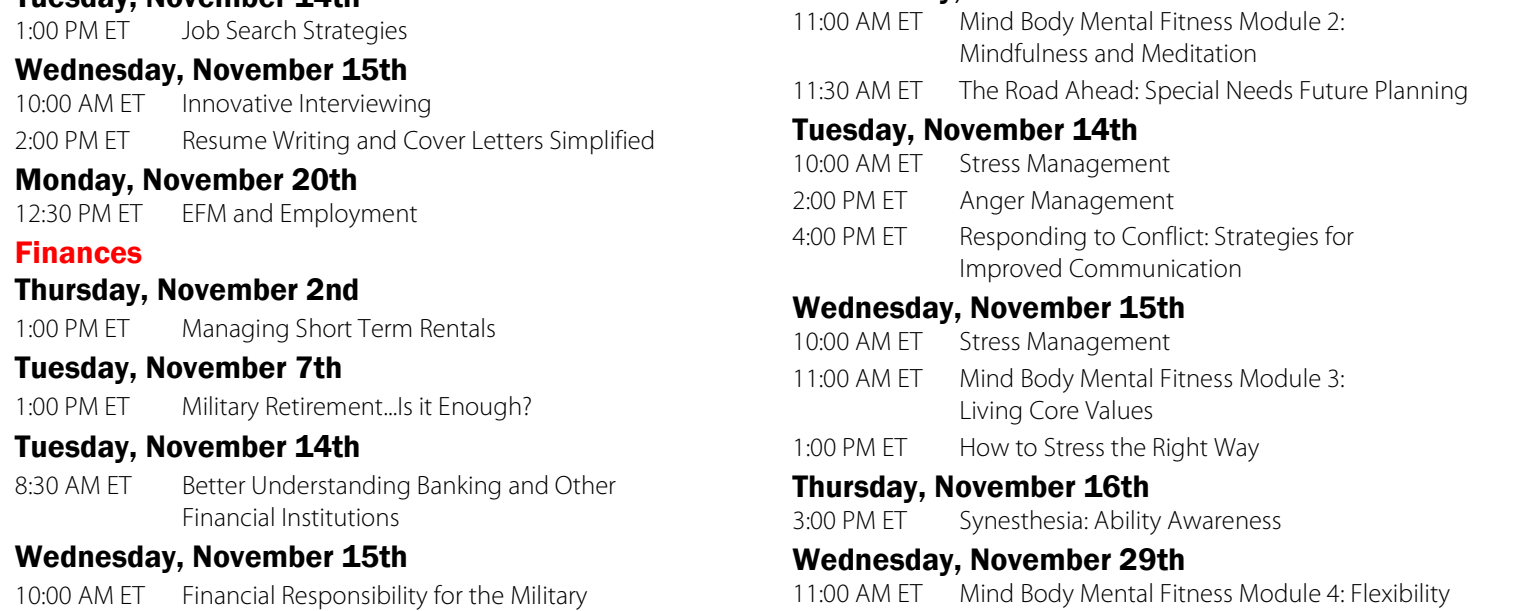
The CNIC LMS has comprehensive resources for such as New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse library.

The Exceptional Family Member Program and You

How can the Exceptional Family Member Program (EFMP) benefit you and your family? Will enrollment negatively affect your service member or limit duty assignments? Who do you contact for answers? Be sure to enroll in webinars offered this month to learn more about the EFMP.

Exceptional Family Member Program Overview	5 Oct	11:00 AM
The Basics of Special Education and IEPs	11 Oct	12:30 PM

All times are Eastern.



November 2023

Deployment

Wednesday, November 1st

9:00 AM ET Planning for Deployment

Wednesday, November 8th

1:00 PM ET Smooth Move

Tuesday, November 28th

1:00 PM ET Navigating Your New Deployment Normal

Employment

Wednesday, November 1st

1:00 PM ET Effective Resume Writing

Tuesday, November 14th

1:00 PM ET Job Search Strategies

Wednesday, November 15th

10:00 AM ET Innovative Interviewing

2:00 PM ET Resume Writing and Cover Letters Simplified

Monday, November 20th

12:30 PM ET EFMP and Employment

Finances

Thursday, November 2nd

1:00 PM ET Managing Short Term Rentals

Tuesday, November 7th

1:00 PM ET Military Retirement...Is it Enough?

Tuesday, November 14th

8:30 AM ET Better Understanding Banking and Other Financial Institutions

Wednesday, November 15th

10:00 AM ET Financial Responsibility for the Military

Thursday, November 16th

10:00 AM ET Understanding TSP

Monday, November 27th

8:30 AM ET Understanding TSP

3:00 PM ET Quarterly CFS Forum

Life Skills

Wednesday, November 1st

11:00 AM ET Mind Body Mental Fitness Module 1: Stress Resilience

Tuesday, November 7th

10:00 AM ET Understanding Anger

12:00 PM ET Teen Dating Violence Prevention

4:00 PM ET Effective Workplace Communication

4:00 PM ET Mind Body Mental Fitness Module 6: Connection

Wednesday, November 8th

11:00 AM ET Mind Body Mental Fitness Module 2: Mindfulness and Meditation

11:30 AM ET The Road Ahead: Special Needs Future Planning

Tuesday, November 14th

10:00 AM ET Stress Management

2:00 PM ET Anger Management

4:00 PM ET Responding to Conflict: Strategies for Improved Communication

Wednesday, November 15th

10:00 AM ET Stress Management

11:00 AM ET Mind Body Mental Fitness Module 3: Living Core Values

1:00 PM ET How to Stress the Right Way

Thursday, November 16th

3:00 PM ET Synesthesia: Ability Awareness

Wednesday, November 29th

11:00 AM ET Mind Body Mental Fitness Module 4: Flexibility

Thursday, November 30th

10:00 AM ET Only the Lonely: Tackling the Lonely Season

2:00 PM ET Preventing and Responding to Intimate Partner Violence

Parenting

Thursday, November 16th

1:00 PM ET What About the Kids?

Monday, November 20th

10:00 AM ET Co-Parenting: Working with Domestic Violence Families

Relocation

Wednesday, November 15th

12:00 PM ET Sponsor Training

Transition

Tuesday, November 7th

11:00 AM ET Skillbridge

Tuesday, November 28th

11:00 AM ET Skillbridge