

MENTAL HEALTH

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May is Mental Health Awareness Month,

so it is a good time to take a pause and check

in on your mental health. Mental Health Awareness Month has been observed



hard to serve your country and make a difference in the world. You've been putting in long hours and making sacrifices, all in the name of progress and service.

As a military member, you are working







that people choose to do to refresh their In the hustle and bustle of modern life, it is easy to overlook the significance of certain holidays, especially those like Armed



Every year, our nation's military personnel make selfless sacrifices to protect our freedoms and defend our country. Behind these courageous men and women stand



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



No Really, How Are You?

and Transition.

BY REBECCA GOODMAN, PHD, LMFT May is Mental Health Awareness Month, so it is a good time to take a pause and check in on your mental health. Mental Health Awareness Month has been observed since 1949 when it was established by presidential proclamation to raise



and your family?

made for you?

listed above within FFSC.

➤ May 5-11 - National Hurricane Preparedness Week

Adaptive Activities,

BY MARCIA PATTY, NAVAL BASE KITSAP EFMP

Recreation, no matter what form it is, has been proven to improve

mental, physical and emotional well-being. The term "recreation,"

These things help us unwind and unplug for a while. They also help

us to be more confident, independent and to build community in

some cases. But what if there is a barrier of some kind? Illness,

disability, injury or something that adds to the stress of everyday life

already. How can someone unwind or unplug? How can someone

When I first thought about adaptive recreation, my mind

immediately went to sports; Special Olympics or something along

feel confident and part of something bigger in those situations?

May 9 - National Children's Mental Health

May 8 - Victory in Europe Day

Awareness Day

improving mental health and increasing wellness.

It is important to check in from multiple vantage points. Here are some questions to consider when checking in on our mental health. This is not a diagnostic tool, but it is a way to consider areas that you are currently excelling in and areas

that could use some additional support.

most consistent thing on your mind lately? What has been worrying you lately? » Thinking about most days, how would you describe your mood? Do you generally feel more positive or negative emotions or a mix? Do you feel like you have control over your emotions, or do you often feel little control? » Do you feel like you generally have some control of your life? What drives you — are there things that give you

» How are you generally feeling today? What has been the

awareness of and educate on mental illnesses, strategies for

purpose and do you get to devote time to those things?

» Who is in your corner? What kind of relationships do you have with those around you, including family, friends and co-

workers? Do you have close friends? Do you know someone you could call in an emergency? How often do you spend time with people and is the time spent generally positive or negative in each of these categories? Are you concerned about meeting normal monthly living expenses? Do you have enough resources to support yourself » Are you generally satisfied with your life? Do you feel like you get to make choices, or do you feel like all decisions are

If you want to prevent challenges in any areas above, are concerned about any challenges that you experience or just want to explore additional support, there are several no-cost resources available to you. The Navy has several prevention and intervention programs within the Fleet and Family Support Center (FFSC) that can support you in self-care and strategies for promoting mental health. There are opportunities to receive clinical counseling

and to engage in webinars, life skills classes, personal finance classes and several other supports that cover the questions If you are interested in connecting virtually to get care, FFSC has recently added virtual clinical counseling services that are available anywhere that you have a private space and internet connection. To get started, call 1-855-205-6749. Those

can access from your phone to promote resilience.

➤ May 18 - Armed Forces Day

➤ May 27 - Memorial Day

➤ May 22 - National Maritime Day

There are also several resources available through Military OneSource to support mental health, including apps that you

living outside the continental United States can also scan the QR code to fill out an online request form.

➤ Gold Star Awareness Month May 10 - Military Spouse Appreciation Day ➤ Mental Health Awareness Month May 12 - Mother's Day ➤ National Military Appreciation Month

with wheelchairs.

Forest in the Cascade Mountain range. This includes Americans refers to all those activities that people choose to do to refresh with Disabilities Act (ADA) cabins, free meals customized for their bodies and minds and make their leisure time more interesting special diets, pontoon rides, adaptive horseback riding, fishing and enjoyable. and more.

Why Are They Important?

May Holidays and Observances:

We all have activities or things we like to do when we are not working. It could be reading a book, playing video games, working on an arts and craft project, a sports activity or just being out in nature.

those lines. However, when I look at the statement, "activities that people choose to do to refresh" that opens a whole world of opportunities. That idea does not change when you take barriers into consideration, it just means there needs to be more intention to the process. With everything from wheelchair adaptable trails, stabilizing hiking sticks, trained adaptive scuba diving partners, adaptive bicycles,

adaptive sailing or kayaking, to electronics to help someone see, hear or translate and everything in between, there is a way for everyone to participate in what they like to do. Adaptive recreation is simply modifying different activities to be more inclusive for all abilities. It is just a matter of doing a little research to find out what is available and where. You can start by connecting with your installation's Fleet and Family Support Center's Exceptional Family

EFMP takes the extra time so that no one feels isolated or like they cannot do something because of a barrier. Mind, body and mental fitness are important for everyone to work toward and FFSC staff do their best to help make that achievable. They want to help set military families up for success, whatever that may look like for them.

Member Program (EFMP) case liaison.

recumbent and therapy trikes, hand- and foot- powered cycles, tandem cycles and striders. Riders are paired one-on-one with an adaptive recreation instructor who tailors to the individual's ability level to ensure the perfect fit for bikes and helmets. For more information on EFMP programs in CNRNW or at your

Some upcoming summer opportunities for EFMP families in

» EFMP Weekend Cabin Getaway in the Wenatchee National

» Seafair Fleet Week VIP/Private EFMP Ship Tours at Pier 46,

» Adaptive bike fleet from Seattle's Outdoors for All are coming

to Naval Base Kitsap in June and Naval Air Station Whidbey

Island in July for adults and children ages 6 and older. The range

of adaptive bikes to support all conditions, includes handcycles,

Seattle. Dockside tours will be arranged for family members

Commander, Navy Region Northwest (CNRNW) are:

installation, visit the FFSC Directory.



Do You Know the Difference Between The Military Holidays? BY APRIL TISCHLER, NAVY GOLD STAR The National Moment of Remembrance Act was signed COORDINATOR in December 28, 2000. It asks that at 3 p.m. local time, all Americans "voluntarily and informally observe in their own In the hustle and bustle of modern life, it is easy to overlook the way a moment of remembrance and respect, pausing from significance of certain holidays, especially those like Armed Forces whatever they are doing for a moment of silence or listening Day, Memorial Day, and Veterans Day. Often, they are perceived to taps" to help reeducate and remind Americans of the true as a day off or a signal, such as the unofficial start to summer. While meaning of Memorial Day. spending time with friends and family can still be a great way to Veterans Day, celebrated on November 11, originated honor past and present service members to whom these dates are as Armistice Day to commemorate the end of World dedicated, it is still important to understand their significance and War I in 1918. In 1954, at the urging of Veterans Service differences. Organization, the word "Armistice" was changed to "Veterans" Armed Forces Day falls annually on the third Saturday of May, to honor America's veterans of all wars for their patriotism, marking a moment to honor the dedication and sacrifice of the men love of country and willingness to serve and sacrifice for the and women currently serving in the U.S. Armed Forces. It is a pivotal common good across various conflicts and periods of peace. part of Armed Forces Week, which kicks off on the second Saturday As the holidays draw near, it is essential to recall the distinction of May. Stemming from the consolidation of the armed forces under among these observances to honor different groups of people

forces.

to commemorate.

who have been members of the military:

» Memorial Day: Honors fallen service members.

in the armed forces.

Armed Forces Day: Gratitude for those currently serving

» Veterans Day: Honors all who once served in the armed

Amidst the festivities, pause to remember the true essence

of these occasions and honor those who they are intended

Memorial

the Department of Defense, this day serves as a testament to the

Memorial Day, observed on the last Monday of May, holds a solemn

significance as a day of remembrance for those who died while serving in the military. Traditional observances include briskly raising

the flag to top of the staff and then solemnly lowering to half-staff. At

noon, the flag is raised to full staff, symbolizing the resolve of the

living who resolve not to let their sacrifice be in vain, but to rise up

in their stead and continue the fight for liberty and justice for all.

Some other traditional observances included wearing red poppies, visiting cemeteries and placing flags or flowers on the graves of our

fallen heroes or visiting memorials. The traditional observance of

ongoing commitment of our service members.

Memorial Day has diminished over the years.

Day

Thrift Savings Plan (TSP): A Financial Guide for Sailors

www.facebook.com/NavyGoldStar • 1-888-509-8759

Chart your course: Visit your local personal financial manager (PFM) to learn more about the enrollment process for the TSP and to obtain valuable information.

secure retirement. Begin with these steps:

Embark on your TSP journey by charting a course towards a

opportunities to our survivors to participate in events that pay tribute to the deceased service member and offer survivors an opportunity to

6:30 pm ET **How to register:** Step #1: Make a free account at MyNavyFamily.com or use the QR code to the Fri right (NMCI users should

Thurs 23 May Fleet & Family Support Mon 27 May Center

We Remember.

goals. This section will explore the three investment options

Individual TSP funds: These funds allow you to tailor your

THRIFT

PLAN

SAVINGS

Awareness Month Paying tribute to the fallen, honoring their loved ones and sharing their stories While the debt of gratitude can never be repaid to our lost heroes, we can recognize their service and sacrifice by helping their families carry on their memories. Regardless of military service, cause, location or circumstances of the loss, surviving family members deserve our acknowledgement and deepest respect. Please remember that when you see someone wearing the Gold Star Lapel Button or Next of Kin of Deceased Lapel Button, they have lost a loved one who selflessly served our nation. Take a moment to acknowledge their loved ones sacrifice and thank them for their continued service.

Gold Star

Getting Teenagers Connected Mental Health Begins at Birth The Basics of Special Education and IEPs 1:00 PM ET Coparenting: Working with Domestic Violence Families 21 May 10:00 AM ET Strategies for Co-Parenting: Putting Child(ren) First

Hire Expectations

Resume Writing Simplified

Job Search Strategies

Acing the Interview

development? Do you know what's considered

developmentally appropriate for your child's age?

Research indicates that caregiver involvement is key to

supporting healthy child sexual development. Join this

practical skills that can be utilized daily.

Mind-Body MBMF teaches proactive pathways to achieve mental fitness, find balance within these domains, and gain

of TSP's core funds, professionally managed to align with your retirement timeline. Mutual fund window: This window opens up a broader investment universe for those eligible, offering access to a wide range of mutual funds for a more customized retirement portfolio. TSP is a great way for you to invest in your future. By really getting to know how the TSP works, you can make smart choices that will help you reach your retirement goals. Remember, the secret to a good retirement is to start saving as soon as you can, keep your expenses low and stick to your plan.

provided by the TSP.

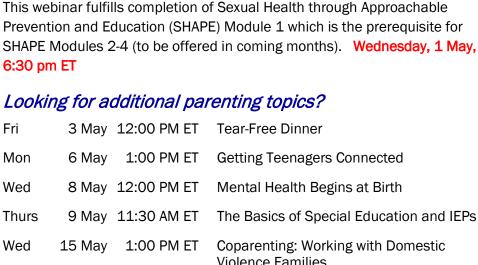
Honor the Legacies of Our Fallen Heroes, Care for their Families

BY APRIL TISCHLER, NAVY GOLD STAR COORDINATOR

Every year, our nation's military personnel make selfless sacrifices to protect our freedoms and defend our country. Behind these courageous men and women stand families who understand the gravity and

survivor community, and available resources. Follow Navy Gold Star Program on Facebook for special event information and to see tributes of our nation's fallen warriors submitted by their families. Your

Wed 15 May Tues Thurs 23 May



Mental Fitness What's it all about? The primary goal of Mind-Body Mental Fitness is to enhance the mind, body, spirit and social domains in one's life.

that neuroplasticity and mental toughness can be strengthened with consistent practice to create a culture of resilience. The six sessions can be taken together as a series, or any one

session can stand alone. The MBMF modules are: 1. Stress Resiliency 2. Mindfulness and Meditation 3. Living Core Values

Fri 3 May 12:00 PM ET Tues 14 May 11:00 AM ET Module 2: Mindfulness and Meditation 12:00 PM ET 10 May 21 May 11:00 AM

Organize Your Life **Teen Dating Violence Prevention**

Understanding Anger

Everyday Occurrence?

Stress Management

Stress Management

Sponsorship Training

Final Move

2:00 PM ET Anger Management

Success Under Stress: Is Stress an

What About the Kids? 1:00 PM ET Could you use helpful tips for your job search? 9:00 AM ET USAJobs 2024

11:00 AM ET

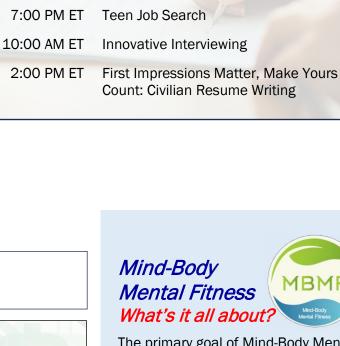
10:00 AM ET

1:00 PM ET

12:00 PM ET

overcome, rather than a threat. Over the course of six sessions, MBMF can help you and your command by teaching service members and families

SPOTLIGHT ON THE FAMILY Parenting and Sexual Development NEW! (SHAPE Module 1) Are you prepared to navigate your child's sexual



Some of the practical skills are problem solving, goal setting, mindfulness, meditation, and quick recalibrations to adjust your physiological state. When we increase our resilience, stressors can be seen as a challenge to

> 4. Flexibility 5. Problem Solving 6. Connection Module 1: Stress Resilience

Module 5: Problem Solving

Tues

Module 6: Connection

Tues

Tues

Fri

Fri

Fri Tues Module 3: Living Core Values Tues 28 May

11:00 AM ET Tues 28 May 11:00 AM ET Module 4: Flexibility Tues 4 Jun 11:00 AM ET 14 Jun 12:00 PM ET

11 Jun

21 Jun

7 May

18 Jun

28 Jun

11:00 AM ET

12:00 PM ET

1:00 PM ET

11:00 AM ET

12:00 PM ET

investment journey and provide a selection of funds (G, F, C, The Thrift Savings Plan (TSP) is an excellent financial option S, and I) to navigate the markets according to your strategy. for service members due to its low operating costs, ease of use Lifecycle funds (L funds): These funds serve as your and flexibility in contributions. With the TSP, you can watch investment compass, offering a one-stop, diversified mix your savings grow faster, choose investments with ease and adjust your contributions to fit your lifestyle. It is not just a retirement plan; it is a tool to help secure your financial future. Low costs: The TSP is renowned for its extremely low costs. The plan's administrative expenses are among the lowest compared to many other retirement plans. This means a larger portion of your money is invested and compounds over time, potentially leading to higher returns. • Simplicity: The TSP is designed to be simple and userfriendly. It offers five core funds and five lifecycle funds, providing a straightforward way to diversify your investments. If you want more information on personal financial Flexibility: The TSP offers flexibility in terms of management or TSP, visit your installation's Fleet and Family contributions. You can contribute any percentage or dollar Support Center. amount of your basic pay each pay period. You can also change your contribution amount at any time. **ENROLLMENT AND CONTRIBUTION GUIDE FOR NAVIGATING YOUR TSP JOURNEY**

Annually, we mourn the loss of hundreds of service members, whether due to combat, accidents, illness or other tragic circumstances. In 2023, the Navy alone mourned the loss of 194 active-duty Sailors, leaving behind grieving families known as gold star families. While we express gratitude to those in uniform, our support must extend beyond words. We have a solemn duty to honor the legacies of these fallen heroes and care for their families. Recognizing this responsibility, the Navy Gold Star Program designates May as Gold Star Awareness Month. Throughout the month of May we emphasize education of our military and local communities on what it means to be a gold star survivor. We also provide

commitment of their loved ones' service.

connect with one another.

register at least one day Mon Wed Thurs

appropriately redirect their sexual behaviors if they arise. (90 minutes) Note:

Is there a deployment in your future? 16 May 4:00 PM ET Getting Real About Deployment Thurs

Webinar Schedule webinar to learn why a child's sexual behavior must be viewed as any other child behavior and met with positive and caring parenting strategies. Leave with some basic strategies and discussion points to become an engaged May 2024 caregiver so you can help your child learn healthy behaviors and

In addition, the FFSC LMS has comprehensive resources for Navy 9 May Thurs spouses and family members such as Tues 14 May New Spouse Orientation, the Navy Family eHandbook, and the Navy Wed 15 May Spouse library. Wed 22 May

Money matters! Wed Thurs 2 May 9:00 AM ET 6 May 12:00 PM ET Mon

1 May 2:30 PM ET Who Wouldn't Want to Be a Millionaire? **Getting Your Credit Under Control** The Scholarship Survivor: Going to College on the Cheap Tues 7 May 3:00 PM ET

where the Thrift Savings Plan (TSP) comes in. assured that you'll have a secure and comfortable retirement, allowing you to enjoy the fruits of your labor and continue

making a difference in the world.

THE BENEFITS OF TSP

FFSC LMS

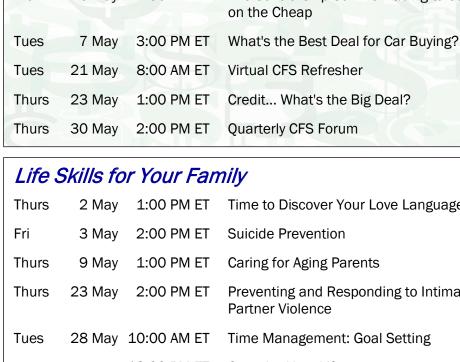
Step #3: Click on the title of a session to view the information and description. Step #4: Click on "Register Now" to register for the course. You will get reminder emails with your personal link. 3 May

May 27, 2024

www.NavyGoldStar.com

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.

Thurs 23 May 1:00 PM ET Credit... What's the Big Deal? **Thurs** 30 May 2:00 PM ET Quarterly CFS Forum Life Skills for Your Family Thurs 1:00 PM ET 2 May Fri 2:00 PM ET Suicide Prevention 3 May 1:00 PM ET Thurs 9 May Caring for Aging Parents Thurs 23 May 2:00 PM ET Partner Violence 28 May 10:00 AM ET Time Management: Goal Setting Tues 12:00 PM ET 31 May 11:00 AM ET Fri



BY FRAN JACKSON, CNIC PERSONAL Set your sails: Visit the TSP website or the Navy's myPay FINANCIAL MANAGEMENT PROGRAM ANALYST website to decide how much of your pay to contribute each period, tailoring your savings to your retirement goals. As a military member, you are working hard to serve your country and make a difference in the world. You've been Explore financial waters with the TSP mobile app: Download the TSP mobile app for an all-in-one tool to help you manage putting in long hours and making sacrifices, all in the name of progress and service. But what about your retirement? That's your TSP account. It offers 24/7 support and allows you to check your balance, track fund performance, sign and submit documents and change your investment mix with just a few The TSP is just like a 401(k) plan that's available to employees taps on your device. in the private sector, but it's sponsored by the federal government. It's a powerful tool that gives you the ability **INVESTMENT CHOICES** to save for retirement and enjoy tax benefits, just like your Launching into the retirement journey with TSP offers three private sector counterparts. With the TSP, you can rest customized pathways, each tailored to match your financial

Behind every Gold Star Lapel Button lies the story of a deceased service member and the resilience of their survivors. For more information on the Navy Gold Star Program, please visit us on Facebook or the Navy Gold Star Program website, or call 1-888-509-8759. May is Gold Star Awareness Month! Be on the lookout for special events and rubber ducks at an installation near you as gold star staff have partnered with multiple installations and local communities to spread awareness about the program, the

before the webinar. Follow the on-screen instructions to

7 May 10:00 AM ET

8 May 10:00 AM ET

14 May 10:00 AM ET

8 May 12:00 PM ET

1:00 PM ET

9 May

7 May

On the move?

2:00 PM ET

Tues

Wed

Thurs

Tues

Wed

Tues

Relocation

Transition

Time to Discover Your Love Language! Preventing and Responding to Intimate Need to improve stress or anger management skills?