



# Family Connection

LOVE YOU

XOXO



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*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.

If you have questions or comments, contact the Fleet and Family Support Program, [cnic.ffsp.fct@navy.mil](mailto:cnic.ffsp.fct@navy.mil).

## Tips For Beating Those Pesky 'Winter Blues'

BY MICHELE L. TORNABENE, LCSW-C, FLEET AND FAMILY SUPPORT CENTER  
NAVAL DISTRICT WASHINGTON

It's that time of year when the holiday season is over; there are no more big friends and family gatherings, gift exchanges, traveling, big meals or cookies! Now it is just winter, the time of year when some of us experience the "winter blues." The days are short, temperatures have decreased and the excitement of the holiday season is behind us. Some people feel like sleeping and eating more, while feeling less motivation to leave their home and engage in social activities. Science suggests that like our ancestors and fellow mammals, this is a normal biological and physiological response to shorter-colder days.

Winter blues is a term from popular culture, but not a medical diagnosis. It is common, and generally mild. In comparison, Floridians have very low rates of the winter blues against people who live in Alaska. The sunshine and warmer temperatures help.

Feeling down some of the time is part of the human experience, but when these emotions begin to impair normal functioning, it could be a sign of something more serious. Beyond what is popularly called the winter blues, Seasonal Affective Disorder (SAD) is a well-defined clinical diagnosis that impacts about five percent of the U.S. population. Symptoms are more consistent with Major Depression, which include severe sadness during the fall and winter months, frequent sleep and eating issues, feelings of hopelessness, loss of enjoyment in once pleasurable activities and feelings that limit normal functioning and motivation. If any of this resonates with how you have been feeling, try the following mood-boosting tips and take action if you need further assistance.

Manage the winter blues by:

- ✓ Getting outside! Try a new winter sport or activity like skiing, ice skating, or simply going for a brisk walk, especially when the sun is out.
- ✓ Increasing your Vitamin D intake with a supplement and your diet, as this can help to boost your mood. Invest in a light therapy lamp to mimic the benefits of sunlight.
- ✓ Being mindful to follow a healthy diet and incorporate daily physical activity in your day.
- ✓ Reaching out to your social support system because isolation can exacerbate depression symptoms.
- ✓ Trying a new indoor activity, you can locate all kinds of activities via your local Fleet and Family Support Center (FFSC), Morale, Welfare and Recreation (MWR), Facebook or Meetup groups.

If these behavior changes, do not provide enough relief from the winter blues, consider seeking professional help to be evaluated for SAD or other depressive disorders. Counseling is highly recommended to treat depressive disorders and SAD.

For more information and resources regarding the winter blues or SAD, contact your local Fleet and Family Support Center Clinical Counseling Program, found in the FFSC Directory (<https://go.usa.gov/xt2uT>), make an appointment with your primary care provider or behavioral health specialist, contact Military OneSource or a military and family life counselor.

ATTENTION READERS: Make *Family Connections* Interactive! Share your questions, comments, good news stories, useful resources and articles you have written or found helpful. As space allows, we will include them in future newsletters OR release on social media. Submit to [cnic.ffsp.fct@navy.mil](mailto:cnic.ffsp.fct@navy.mil)

# Stress Management Strategies for the New Year

From minor challenges to major crises, stress is part of everyday life. Stress can take a toll on a person's health if the stress becomes overbearing or if it is chronic. It is important to have strategies to help manage stress. A goal for managing stress is to maintain a balanced life with time for work, relationships, relaxation and fun—and the resilience to hold up under pressure and meet challenges head on.

Below are some easy and healthy ideas to manage stress:

- **Build in regular exercise.** Moving your body on a regular basis balances the nervous system and increases blood circulation, helping to flush out stress hormones. Try incorporating a daily 20-minute walk into your routine.
- **Incorporate more nutrients in meals.** Well-nourished bodies cope with stress better, so start with a good breakfast, add more organic fruits and vegetables, and drink more water.
- **Have a support system in place.** Talking to another person releases hormones that reduce stress. This may include family, friends, and/or people in your community. In addition, contact your local Fleet and Family Support Center (FFSC) for support. There are counselors available to help. Visit: <https://go.usa.gov/xt2uT>.
- **Find an enjoyable hobby.** Engage in activities that bring you pleasure and joy. Research shows it reduces stress by almost half and lowers your heart rate, too.
- **Develop a sleep routine.** Turn off the electronics earlier, dim the lights, and give yourself time to relax before going to bed. Sleep is a powerful stress reducer.



The good news is that stress is manageable. With some patience and a few useful strategies, you can reduce your stress.

## FFSC Mayport Wins MWR's 'Deck The Chairs' Competition

The Fleet and Family Support Center (FFSC) at Naval Station Mayport, Fla., entered the annual Morale, Welfare, and Recreation (MWR) "Deck the Chairs" event in December 2021. Commands and other installation partners were invited to display decorated lifeguard chairs at the fitness center and the command. This event was part of the installation's holiday celebration. The FFSC won first place for the second consecutive year. The FFSC's chair theme symbolized the FFSC's mission to be the "beacon" for Navy families and Sailors.

Pictured from left to right are Susan Schanen (FFSC clinical counselor); Libby Duffy (Family Advocacy Program victim advocate); Amber Craig (Work and Family Life Program consultant); Ciara Bundrige (Work and Family Life Program consultant); and Lisa Davis (Family Advocacy Program victim advocate).



# Ombudsman Moment February 2022

## PREPARING FOR DEPLOYMENT

The time for another deployment is approaching. It is common for Sailors to feel like they are finally getting ready to do the jobs for which they have trained. However, home front preparation is needed, address important items before deployment. A checklist of items to consider is found on page 165 of the Ombudsman Program Manual. Find a similar checklist in the Deployment Handbook located on the Fleet and Family Support Program website at <https://go.usa.gov/xtrmr>.

Some important tasks should always be on your radar:

- Updating wills.
- Completing powers of attorney.
- Renewing identifying cards.

And some other less considered tasks:

- Filing taxes while the service member is away.
- Granting spouse access to all necessary accounts.
- Implementing a budget for expenditures while at sea or on a port call.

Perhaps one of the most important tasks that you can do prior to any deployment is to prepare children for the upcoming separation. Take them to the ship and let them see where their mom or dad will work and sleep. Arrange for communication through calls or letters with them during the deployment. Assure them that they are never far from their parent's thoughts. Also, make sure to have the contact information for the command ombudsman.

For more information, resources or workshops about preparing for deployment, talk to your command ombudsman and/or Fleet and Family Support Center (FFSC) staff. To locate your command ombudsman, contact your FFSC Ombudsman Coordinator or Reserve Component Command Warrior and Family Support Specialist. Use the Contact Your Ombudsman feature on the Ombudsman Registry home page at <https://ombudsmanregistry.cnic.navy.mil>.



## Navy Housing Celebrates African American History Month

Navy Housing joins the U.S. Navy and the nation in celebrating African American History Month. Navy Housing aims to honor and reflect on the achievements of African Americans and their central role in U.S. history. Additionally, Navy Housing staff recognize the service and dedication of the African American men and women who contribute their diverse skills, perspectives, talents and backgrounds to strengthen our Navy team. They strongly oppose housing discrimination based on a person's demographics, including race.

If you experience housing discrimination in the community due to your race, Navy Housing is here to help. Contact your local Navy Housing Service Center (HSC) for assistance. Visit their website at [www.cnic.navy.mil/ContactHousing](http://www.cnic.navy.mil/ContactHousing) to view HSC contact information.

*The First Choice. The Right Choice!*

**CONTACT**  
**NAVY**  
**HOUSING**

▶ [CNIC.NAVY.MIL/CONTACTHOUSING](http://CNIC.NAVY.MIL/CONTACTHOUSING)

#NavyHousing



# NAS JAX FFSC Comes Out On Top for 2021

It has been a challenging year at Naval Air Station (NAS) Jacksonville's (JAX) Fleet and Family Support Center (FFSC). The FFSC started out with a heavy lift, moving their whole operation to a new building amid the pandemic, but all hands masked up and pitched in to make it happen.

They had numerous challenges, as all FFSCs had throughout the enterprise, delivering their support programs and services, but in November 2020 they brought staff back in the office to provide in-person service delivery and continued to be 100% in office with some situational telework.

FFSC JAX spent a large part of fiscal year 2021 at 50% staff manning in clinical services and had some gaps in the Work and Family Life Program. Through due diligence and converting some contracting positions, the FFSC closed out 2021 on a high note reaching 100% staff manning, while most of the country was experiencing the "great resignation."

"We have a team of super stars here at FFSC JAX but three who really went above and beyond in fiscal year 2021," said NAS Jacksonville Fleet and Family Support Center Director Ron Downs. "We're so happy they were formally recognized for their efforts."

Congratulations to Tracie Carter, Senior Civilian of the Quarter (1st Qtr, 2021) and Senior Civilian of the Year for 2021; Paul Stewart, Junior Civilian of the Quarter (4th Qtr, 2021) and Junior Civilian of the Year for 2021; and Ken Moreland, Senior Civilian of the Quarter (4th Qtr, 2021). The winners from the FFSC were recognized by NAS Jacksonville Commanding Officer Capt. Jeff Hill, Command Master Chief Shane Edwards, and Ron Downs, director, Fleet and Family Support Center.



**TOGETHER**  
 WE WILL CREATE A HEALTHY AND SAFE FUTURE FOR ALL YOUTH

*When we teach skills for healthy relationships now, we create safer, healthier communities for everyone in the future.*

**START EARLY**  
 Healthy parent-child relationships, positive family dynamics, and supportive communities provide a strong foundation for children.

EFFECTIVE, non-violent communication and conflict RESOLUTION

POSITIVE interactions based on respect and TRUST

**CONTINUE THROUGH ADOLESCENCE**  
 Positive, healthy teen dating and peer relationships have many benefits for youth.

REDUCED anti-social and unhealthy behaviors

BETTER interpersonal skills, communication, negotiation skills, and EMPATHY

POSITIVE self-image and leadership skills

IMPROVED school performance

**CARRY INTO ADULthood**  
 Healthy adult relationships benefit entire communities.

More ENGAGED citizens

More PRODUCTIVE workforce

SAFER communities

More ATTENTIVE students in schools

LESS partner violence

**EVERYONE** is positively impacted by a lifetime of healthy, positive relationships.

Visit [veloviolence.cdc.gov](https://www.veloviolence.cdc.gov) to learn more about creating safer, healthier communities.




**FEBRUARY IS TEEN DATING VIOLENCE AWARENESS MONTH**

# Navy Embraces Diversity of Idea to Help Prevent Sexual Assault

The 2018 Workplace and Gender Relations Survey of Active-Duty Members (WGRA) revealed specific indicators that may place Sailors at higher risk of sexual assault. These factors include instances when diversity, inclusion and equal opportunity are not prioritized. This can manifest in the form of gender discrimination, which increases the risk of sexual assault three times for women and eight times for men. Lack of respect and cohesion in the command, which includes low respect for others from diverse backgrounds, could double women’s risk of experiencing sexual assault and increase men’s risk by five times.<sup>1</sup>

Preventing sexual violence includes addressing these root causes before they escalate. The Navy’s 10 Signature Behaviors serves as a guide for helping service members and their families do this necessary work. The 7th signature behavior tells us to “embrace the diversity of ideas, experience, and backgrounds of all individuals.”

Doing this means respecting and protecting one another’s differences. It also means empowering one another to speak up and intervene if someone is treated unfairly because of race, religion, gender, sexual orientation or gender identity. When we practice inclusion and value diversity, we strengthen our commitment to eliminating sexual assault and creating a safe Navy community.

For more information or to make a report of sexual assault, contact your local Sexual Assault Response Coordinator (SARC) at the DoD Safe Helpline at 877-995-5247 or [www.safehelpline.org](https://www.safehelpline.org).

1. “The Watch List” created by Department of Navy Sexual Assault Prevention & Response Office: [https://www.secnv.navy.mil/sapro/Documents/Navy%20Watch%20List%20Brochure\\_combo.pdf](https://www.secnv.navy.mil/sapro/Documents/Navy%20Watch%20List%20Brochure_combo.pdf).

## 10 SIGNATURE BEHAVIORS

01. Treat every person with respect
02. Take responsibility for my actions
03. Hold others accountable for their actions
04. Intervene when necessary
05. Be a leader and encourage leadership in others
06. Grow personally and professionally every day
07. Embrace the diversity of ideas, experiences, and backgrounds of individuals
08. Uphold the highest degree of integrity in professional and personal life
09. Exercise discipline in conduct and performance
10. Contribute to team success through actions and attitudes



# Mind-Body Mental Fitness Courses, The Pathway To Stress Reduction And Healthy Relationships

The primary mission of the Mind-Body Mental Fitness (MBMF) courses are to enhance resilience and mental toughness with evidence-based mindfulness skills. MBMF introduces class participants to a broad toolkit of mental wellness skills that can help them recover from, and grow in response to, life stress. In six modules, class participants gain experience in a proactive pathway towards mental toughness, which aims to keep Sailors and their families in the "ready green" zone on the operational stress continuum.

The six modules of the course, include:

- **Module 1:** Stress Resilience. This module focuses on changing your views of stress by exploring how stress affects the four domains of resilience, practicing energy management and learning skills to turn stress into growth opportunities.
- **Module 2:** Mindfulness and Meditation. This module focuses on increasing focus and awareness and decreasing harmful emotional reactivity.
- **Module 3:** Living Core Values. This module is increasing motivation by defining your values and how they relate to your goals, understanding how values help to stay on course in the face of stress.
- **Module 4:** Flexibility. This module aims at getting out of your head and back to work. This module explores thoughts, emotions and behaviors; their differences, their interactions, and how we deal with them.
- **Module 5:** Problem Solving. This module aims to help individuals and groups work through obstacles effectively and learn the basic steps of problem solving by building healthy relationships.
- **Module 6:** Connection. The focus of this module is to increase unit cohesion and peer relationships by defining connection, communication and identifying social support networks.

For class offerings and more information, contact your local Fleet and Family Support Center (FFSC). Follow the link to find your installation's contact information in the FFSC Directory, at <https://go.usa.gov/xTtaG>.





# YOUR *Virtual* FFSC WEBINAR SCHEDULE



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 improving.

Spouses are encouraged to all of these trainings. Be sure to pass this flyer on.

## How to register:

**Step #1:** Make a free account at [MyNavyFamily.com](https://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.

If you have any trouble, please write to [learning@zeiders.com](mailto:learning@zeiders.com)

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



## FEBRUARY 2022

### Deployment

#### Thursday, February 3rd

1:00 PM EST Managing Deployment Successfully

#### Tuesday, February 8th

1:00 PM EST Couples and Deployment

#### Wednesday, February 9th

3:00 PM EST Pre-Deployment Separation

### Employment

#### Tuesday, February 1st

12:00 PM EST Spouse Employment Empowerment and Development (SEED)

#### Thursday, February 3rd

1:00 PM EST Resume Writing 101

#### Tuesday, February 8th

9:00 AM EST Interview Techniques

#### Wednesday, February 9th

11:00 AM EST LinkedIn Series: Creating a LinkedIn Profile (Part 1)

12:00 PM EST Winning Interview Techniques

7:00 PM EST Teen Job Search

#### Monday, February 14th

2:00 PM EST Military Spouse Education and Employment Information Session

#### Tuesday, February 15th

12:00 PM EST Job Search Strategies

#### Wednesday, February 16th

4:00 PM EST Job Search Strategies

#### Tuesday, February 22nd

10:30 AM EST The Federal Resume

2:00 PM EST Resume Writing Workshop

#### Wednesday, February 23rd

10:00 AM EST Effective Resume Writing

1:00 PM EST Federal Employment System

### Finances

#### Tuesday, February 8th

12:00 PM EST Tackling Student Loans

#### Wednesday, February 9th

1:00 PM EST Savings and Investing

#### Friday, February 11th

12:00 PM EST They're Off to College, so Now What?

#### Tuesday, February 15th

12:00 PM EST Navy Retirement...Is it Enough?

#### Thursday, February 17th

1:00 PM EST Pure Financial Magic Series: Advanced Crypto Basics

#### Tuesday, February 22nd

10:00 AM EST Financial Responsibility in the Military

### Life Skills

#### Thursday, February 3rd

11:00 AM EST EFMP Overview Training

#### Monday, February 7th

2:00 PM EST Family Advocacy Program Training

#### Tuesday, February 8th

2:00 PM EST Cultivating Resiliency: Train Your Brain to Be More Positive

2:00 PM EST Mind Body Mental Fitness (MBMF)  
Part 2: Mindfulness and Meditation

#### Tuesday, February 15th

10:00 AM EST Stress Management

2:00 PM EST Diversity and Cultural Competency in the Workplace

9:00 PM EST Resiliency: How to Master Mental Toughness and Thrive

#### Wednesday, February 16th

10:00 AM EST Stress Management

1:00 PM EST Exceptional Family Member Program

4:00 PM EST Finding a Way Forward: Principles and Practice of Mindful Conflict Resolution

#### Thursday, February 17th

4:00 PM EST Coping with Caregiver Burnout

#### Tuesday, February 22nd

11:00 AM EST Family Advocacy Program Training

11:00 AM EST Sponsor Training

2:00 PM EST Temper Taming: The Healthy Way of Dealing with Anger

#### Wednesday, February 23rd

1:00 PM EST EFMP Resources

8:00 PM EST Resiliency: How to Master Mental Toughness and Thrive

#### Monday, February 28th

11:30 AM EST Family Advocacy Program Training

5:00 PM EST Improving Workplace Relationships

7:00 PM EST Resiliency: How to Master Mental Toughness and Thrive

### Parenting

#### Wednesday, February 2nd

4:00 PM EST Positive Parenting Strategies

#### Friday, February 4th

2:00 PM EST Positive Parenting Strategies

#### Wednesday, February 9th

2:00 PM EST Understanding Pregnancy/Labor Interventions and Procedures

#### Thursday, February 17th

1:00 PM EST What About the Kids?

#### Wednesday, February 23rd

12:00 PM EST The Basics of Special Education and IEPs

#### Thursday, February 24th

2:00 PM EST Baby Boot Camp

#### Friday, February 25th

10:00 AM EST Raising Financially Fit Children

### Relocation

#### Tuesday, February 1st

1:00 PM EST Lemons to Lemonade

#### Tuesday, February 8th

1:00 PM EST Smooth Move Workshop

#### Tuesday, February 15th

11:00 AM EST Smooth Move

### Transition

#### Tuesday, February 22nd

1:00 PM EST The Realities of the Skillbridge Program