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YOU MAKE A DIFFERENCE

The first of the [Seven Everyday ways to Promote Suicide Prevention Awareness](#) is telling someone how he or she makes a difference to others. So this month we at OPNAV N135H would like to thank you, our SPCs, for the difference that you make in the lives of your shipmates. Our intent in September with Suicide Prevention Awareness Month was to give you the opportunity to meaningfully engage with your commands, using the weekly resources as guides to supplement and support conversation about suicide or healthy living in general. Many of you tailored weekly or bi-weekly trainings for your commands, held observances, created Suicide Prevention Awareness Month bulletin boards with the weekly resources, organized community events and more, integrating use of the products and resources provided on suicide.navy.mil. Some decided to avoid training altogether and just provided an open forum for discussing stressors, guided by the resources like the [Seven Everyday Ways](#) or [What's in a Word? How We Talk About Suicide](#), to build trust among your shipmates. However you executed Suicide Prevention Awareness Month, your efforts to encourage your shipmates that *it's okay to speak up when they're down* underscore that Sailors take care of Sailors— programs are just here to support that effort. "Success" in suicide prevention programs isn't defined by whether or not you've eradicated suicide in general, it's defined by the lives you touch everyday and the small seeds of hope that a Sailor may cling to when no other life ring is within reach.

Thank you for all that you do for the Navy, and your shipmates.



Jeff Bacon ([Broadside](#)) illustrates bystander intervention and identifying resources

Laughter is good medicine for stress relief...but sometimes more serious resources are needed when a shipmate is in distress. Click [here](#) for more.

NEWS YOU CAN USE

And the Winner is... [NavyNavStress](#)

Suicide Prevention Awareness Month Video Contest Winners Announced [News Story](#)

U.S. Surgeon General Helps Navy Medicine Unveil Health and Wellness Campaign [News Story](#)

How Well You Perform Physically May Depend on How Fit You are Mentally [DCoE Blog](#)

Dr. Woodson Says Have the Courage to Intervene for Suicide Prevention [DoD Live](#)

LIFELINK SPOTLIGHT – ALL 2012 SUICIDE PREVENTION PSA CONTEST ENTRANTS!

This month we're spotlighting the teams that submitted entries for the Suicide Prevention Public Service Announcement Contest for their outstanding efforts. We received twenty entries, ranging from small Seabee units, aircraft carriers, Navy Operational Support Centers, CSADD chapters and more. Your creativity has proven once again that suicide prevention is an *all hands evolution* and your immense dedication toward your shipmates will not go unnoticed! Look out for select entries featured in the Everyday Navy gallery. And share the winning videos with your commands: [NOSC San Antonio](#), [CSADD Naval Medical Center San Diego](#), [USS Ronald Reagan Media Department \(CVN 76\)](#). Bravo Zulu shipmates!



FUELING UP FOR THE HOLIDAYS

OCTOBER EVENTS

13 OCT:
Happy 237th
Birthday to
the United
States Navy!

16 – 28 OCT:
50th
Anniversary
of Cuban
Missile Crisis

24 OCT:
SPC Basic
Training
Webinar

The holidays can bring as much stress as they do joy. Halloween costumes and family gatherings are approaching. The kids are getting excited in anticipation of being out of school and you are preparing for a visit from your in-laws!

You may have a lot to do to prepare for the holidays, but don't let yourself run on empty. With the stress from planning and preparations, and the easy access to candy and your favorite not-so-healthy holiday foods, it's easy to get off course from your fitness and nutrition goals.



"Eating well and staying active don't have to stand in the way of holiday celebrations and can actually add to their enjoyment." said Lt. Cmdr. Jennifer Wallinger, OPNAV N-135 Dietitian. "Now is a great time to reaffirm your nutrition and fitness goals, increase awareness of the days ahead and prepare a plan to manage stress that often accompanies the holidays."

[Navy Physical Readiness](#) has several nutrition resources that can help you stay energized during the holidays and curb the negative impact to your body—and mind. Facts sheets on Achieving Your Holiday Goals and being Food Label Savvy will soon be available online, offering guidance on choosing quality foods and a fixing up a great plate for the holidays. The [Navy Operational Fueling Series](#) also outlines how to choose the right foods and portions—something we can all do a better job at during the holidays!

Being mindful of your eating habits and setting aside a few minutes for physical activity will help you keep stress, and your waistline, under control. "Exercise contributes to positive behavioral health by building resiliency when faced with daily stress," said Captain Kurt Scott, Director, OPNAV N-135H, Navy Behavioral Health. Familiarize yourself with the available fitness and nutrition resources to stay ready and resilient this holiday season!

For more information Navy nutrition, visit www.npc.navy.mil.

Stay Connected!



www.suicide.navy.mil

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News You Can Use

US Surgeon General Helps Navy Unveil Health and Wellness Campaign [News Story](#)

Operation Live Well Encourages Healthy Living [MHS Blog](#)

Cake With a Side of Football at the Navy's Birthday Party [Stars and Stripes](#)

Women's Health Gets Spotlight in October [MHS Blog](#)

Navy Ombudsmen – A Critical Asset to the Fleet [Navy Live](#)

'Beat the Bug – Get Your Flu Shot' – NHB Prepares for Seasonal Flu Vaccinations [News Story](#)

Physical Activity May Help with Suicide Prevention [MHS Blog](#)

Hidden in Plain Sight...A Perspective on Suicide [Navy Live](#)

Grace Under Pressure: A Chaplain Reflects on Suicide Prevention [DoD Live](#)

Navy Hospital Corpsmen Help Care for Marines in Afghanistan [All Hands Update](#)

Study Seeks Families of Military Suicides [Stars and Stripes](#)

Navy Doc: "I Have Felt the Pain" [DoD Live](#)

Navy Provides Subsistence Assistance for Qualifying Families [News Story](#)