



## Sailor and Family Resilience

This Navadmin discusses tools to regain balance in the presence of stress. Navy's 21st century Sailor and Marine initiative encompasses five focus areas designed to build resilience and war fighting capability in our force: readiness, safety, physical fitness, inclusion, and continuum of service. In the Navy, resilience is defined as the "capacity to withstand, recover, grow, and adapt in the face of stressors and changing demands."

1. The following four tools provide tangible choices to improve your resilience:

A. Maintain your body for its unique optimal performance.

(1) Eat deliberately. We decide what we consume and how we take care of our bodies. Balanced and nutritious meals with moderate portions help fuel the body. Make healthy choices.

(2) Get enough sleep. Sleep is critical to physical and emotional well-being. Find ways to "wind down" and prepare your body for rest.

(3) Make exercise a habit. Regular exercise helps you physically and improves your mood. If you have not been exercising, check with your physician before starting an exercise program.

B. Develop positive relationships.

(1) Nurture at least one trusted friend. A strong positive relationship can help achieve personal and professional success. A friend can provide support, influence personal growth, and provide a source of strength during difficult times.

(2) Connect by social media. It is a method to keep in touch with friends who live around the world; however, it is not a substitute for face-to-face communication. Remember 7 percent of communication is comprised of the actual words we use which means 93 percent of communication is body language and the tone of our words which is not captured in social media.

C. Manage your finances - don't let them manage you. Develop and follow a budget. Finances can be a major family stressor. Navadmin 377/11 contains financial planning tips.

D. Consider your spiritual wellness. A talk with a chaplain, mentor or trusted advisor can be a great outlet for stress reduction and resiliency. Visit <http://chaplaincare.Navy.Mil/> for support.

2. Stress is a fact of life. It is normal and it can help you excel and succeed, but there is a point when stress may impact your ability to cope. Injuries may occur after prolonged exposure to stressful situations. When it becomes overbearing to your well-being, ask for assistance. Asking for help is a sign of strength and a commitment to yourself to perform at your optimal level. Friends, family, and co-workers provide support, but there are times when someone with more experience, knowledge, and skill is better suited to facilitate regaining our balance, adapting to life events and changes, and learning from our experiences. The operational stress control continuum is a key asset for determining what level of support is needed. Information on the stress continuum and stress zones is available at <http://navynavstress.Com/category/stress-zones/>.

### 3. Additional resources.

A. Fleet and Family Support Centers (FFSC). In addition to individual and family counseling, your local FFSC offers classes in stress management, life skills, and financial management taught by accredited counselors and educators. For more information: <http://www.ffsp.Navy.Mil/>.

B. Naval Center for Combat and Operational Stress Control improves the psychological health of Marines and Sailors through comprehensive programs that educate service members and their families to build resilience, aid research, and promote best practices in the treatment of combat and operational stress injuries. For more information: [www.nccosc.navy.mil/](http://www.nccosc.navy.mil/).

C. Operational Stress Control blog <http://navynavstress.com/>. Provides official information, downloads and links to tools, resources, and research regarding family resilience.

D. FOCUS (Families Overcoming Under Stress) is a Navy program that provides resiliency training to military children and families. With resiliency training, children and families learn not just to meet challenges, but also to become stronger. "FOCUS" teaches practical skills to meet the challenges of deployment and reintegration, to communicate, solve problems effectively, and successfully set goals together. Visit their website at <http://focusproject.org/>.

E. Psychological Health Outreach Program (PHOP) is a Navy medicine outreach program for Reservists and their family members. These teams of mental health providers, embedded at each regional command, are experts in helping you find the appropriate local services to address your concerns. They can be reached by phone, email or visit their webpage on the Navy Reserve website for your regional PHOP team's contact information at <http://www.navyreserve.navy.mil/pages/phop.Aspx/>. Navy Operational Support Center (NOSC) leadership is also an important resource for our Navy Reserve families.

F. Returning Warrior Workshop (RWW) is a yellow ribbon reintegration program event to assist Sailors and their designated representative with Reunion and reintegration after deployment. RWWs are held in various cities across the country throughout the year. More information can be found at [http://www.Public.Navy.Mil/ia/documents/rww\\_dates.Pdf](http://www.Public.Navy.Mil/ia/documents/rww_dates.Pdf).

G. The new parent support program provides information, visitation, support, and guidance to expectant parents and parents with children less than three years old. New parent support promotes positive parent-child interactions and healthy family functioning through voluntary home visits made by trained staff from fleet and family support centers. Find out more at the FFSC website at <http://www.ffsp.navy.mil/> and select the "What We Do" drop down menu. Then select "Fleet and Family Readiness", "Family Readiness" and "Fleet and Family Support Programs".

4. The 21st century Sailor successfully tackles challenges. Navy equips Sailors and their families to meet physical and mental demands by fostering healthy lifestyles and building the resilience of our force.

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