

Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

DECEMBER 2024

Tips to Manage Holiday Stress

The holiday season can be a stressful and overwhelming time of year. For many, the holidays can feel like an unwanted commitment filled with stress instead of joy and happiness. Maybe it's worrying about finding the perfect gift for everyone on your list, how you're going to afford presents, dealing with family members you don't get along with, or managing the changes in routine. These demands may quickly lead to a decline in mental health. **If you're feeling overwhelmed by the holidays, here are some tips to help your mental health and holiday stress.**

1. Plan Ahead

Trying to rush everything in at the last minute is a recipe for disaster. Instead, have a plan in place for when you will accomplish tasks such as shopping, visiting friends, and baking. Not only will planning give you peace of mind, but it is also a good exercise to keep your mind organized and calm. By planning and taking care of one task at a time, you will feel less holiday stress and eliminate the risk of an overwhelming schedule.

2. Be Realistic

The holidays don't have to be just exactly perfect. Don't stress yourself out by trying to create the ideal holiday season. Instead, be realistic and open-minded. Traditions may change, families can grow or move away, and there might not be enough time to set up all the decorations, make it to every party, or prepare all the food. Keep it simple and be reasonable. The holidays are going to be perfect just as they are, and more importantly, filled with joy.

3. Stay Active

Exercise is a great way to deal with holiday stress, anxiety, and depression. You don't have to join a gym or set aside 1-2 hours every day for a workout. Taking a walk, stretching, or doing a quick 20-minute home workout routine can help improve your mood and energy. According to the Anxiety and Depression Association of America (ADAA), exercise and physical activity produce endorphins, which act as natural painkillers and reduce stress levels. This is especially important for mental health during the holidays when stress is often high.

4. Don't Be Afraid to Say No

Saying no to a friend or family member is hard but is sometimes needed for the sake of your mental well-being. It may be the holidays, and you want to please everyone, but you also need to think about yourself and your holiday stress levels. If you feel like there is way too much on your plate and you need to make room in your schedule, let your friends or family members know. Be honest and tell your loved ones you are stressed due to the busy holiday season. This can even be an opportunity to take a moment to connect with them. They will probably understand your experience and may even offer to help.

5. Set Aside Differences

The holidays are a time to come together and share in the joy, not a time to argue. Set aside any differences in lifestyle, opinions, or behaviors and accept everyone for who they are. Enjoy each other's company and talk about topics that bring happiness. And remember, if someone in your family starts acting out, try to be understanding and compassionate. They may also be dealing with stress and mental health issues that come with the holidays, and they will appreciate your support when experiencing a stressful moment.

6. Don't Sweat the Small Stuff

The items and tasks on your agenda can be overwhelming and quickly add up. Don't let small things like forgetting to send a holiday card stress you out. The bigger picture of the holidays is more important, like spending time with friends and family. Also, don't feel obligated to complete everything on your list. If you forget something small or don't have time, don't sweat it. Life will go on. What is important is that you take care of your mental health during the holidays and enjoy the season.

7. Acknowledge Your Feelings

Just because it's the holidays doesn't mean you have to be happy all the time. It's okay to express and acknowledge your feelings. Trying to force yourself to be happy during the holidays will only make your mental health and stress levels worse. Don't be ashamed of your feelings it's completely normal to feel sad or cry. It is also good for your mental health, and you will feel much better after expressing yourself.

8. Seek Professional Help If Needed

Don't let the holidays be something you come to dread every year. Instead, apply these tips to your life to help with mental health and reduce stress. Identify holiday triggers when they happen so you can better address them than before they lead to a bigger issue. If you find yourself struggling during the holiday season with depression or anxiety, don't be afraid to seek professional help. At FFSC Annapolis, we offer counseling services to military members and their families. We are here to help you find peace and joy not only during the holidays but throughout your entire life. **To schedule an appointment please call (410) 293-2641.**

The Annapolis Fleet & Family Support Center staff wish you a happy and safe holiday.

CONTACT FFSC ANNAPOLIS

☎ (410) 293-2641

📠 (410) 293-5237

✉ m_FFSC_Annapolis@navy.mil



December 2024

PROGRAMS FOR EDUCATION AND TRAINING | SOME CLASSES WILL BE VIRTUAL
(After registration you will be sent a link to join the workshop)

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pre-Separation Brief 0900-1100	3 Home Buying 0900-1030 Dealing with Holiday Stress (In-Person/Virtual) 1200-1300	4 Medical Record Claim Review (Appt. Only) Anger Management 0830-1130	5 DOD Skillbridge (Virtual) 1100-1230	6
9	10 Leadership & CFS Forum 1200 - 1300	11 Medical Record Claim Review (Appt. Only) Anger Management 0830-1130 Sponsorship Training 1300-1400	12 Credit Management 0900-1030 Command Indoc./ Newcomers' Orientation 0800-1300	13
Transition Assistance Program (In-Person): 0800 - 1600				
16	17 TAP Talk Tuesday (Virtual) 1400-1500	18 Medical Record Claim Review (Appt. Only) Anger Management 0830-1130 The ABC's of EFMP (Virtual) 1000-1100	19 Military Transition Benefits-Retirees (Virtual): 0800 - 1300 Jingle Your Savings: Sleighing Holiday Expenses 0900-1000	20
23	24	25	26	27
30 Pre-Separation Brief 0900-1100	31			

PROGRAMS FOR EDUCATION AND TRAINING

PROGRAMS FOR EDUCATION AND TRAINING | SOME CLASSES WILL BE VIRTUAL
(After registration you will be sent a link to join the workshop)

Transition Assistance

Transition Capstone

(By Appointment Only)

CAPSTONE is the final mandatory event for all transitioning military members. Service members must demonstrate appropriate Career Readiness Standards (CRS) based on the goals they plan to pursue after completing their military service (employment, education, entrepreneurship, or technical training). All transitioning service members must complete **CAPSTONE NLT 90 days** before separation. **Call FFSC for an appointment with a TAP Team member.**

Transition Assistance Program

Monday-Friday, Dec. 9-13 / 0800 – 1600 (In-Person)

The Transition Assistance Program (TAP) is a congressionally mandated program for all members who've served 180 days or more and plan to separate or retire. The program offers information, tools and training to guide service members and their spouses to successfully move from the military to civilian life. From start to finish, TAP provides members with information and resources on veteran benefits, educational options, employment support (resume writing, interviewing) and more. The first three days will offer the mandatory core curriculum. The following two days will feature the career path that offers the My Employment Track. **Register now if you plan to retire or separate!** Classes fill up quickly! **IMPORTANT!!! You must contact your Command Career Counselor and complete a Self-Assessment 365 days prior to your separation date. During this session, you will be assigned a tier level, which is a prerequisite to attending TAP.**

Medical Record Claim Review

*Wednesdays, Dec. 4, 11, 18 / Various Times Available
(Appt. Only)*

Annapolis Fleet & Family Support Center collaborates with the National Office of Veterans of Foreign Wars, Washington, DC to provide Medical Record Reviews weekly. This review is available for service members who are within SIX MONTHS of separation/retirement. You will receive guidance and assistance to file your VA Claim application.

Pre-Separation Brief

Monday, Dec. 2, 30 / 0900 – 1100 (In-Person)

The second step after completing an Initial Self-Assessment counseling with a Command Career Counselor or Unit Transition Coordinator, transitioning Service members separating or retiring from military service to civilian life must complete the congressionally mandated Pre-Separation Brief. During this brief, members will receive explanations of the Individual Transition Plan (ITP), education, training, employment and career goals, financial management, health and well-being, and relocation and housing. This Pre-Separation Brief must occur 365 days prior to official separation from military service.

TAP Talk Tuesday

Tuesday, Dec. 17 / 1400 – 1500 (Virtual)

ARE YOU A TRANSITIONING SERVICE MEMBER? OR ARE YOU THINKING YOU MIGHT WANT TO BE? From initial counseling to capstones, self-evaluations to individual transition plans, from choosing education to going back to work in the private sector, relocating to a new place or staying in the area, all of this can be stressful, not to mention confusing. Regardless of where you are in your transition journey, you don't have to go at it alone! Stop by our virtual Team's office every 3rd Tuesday each month between 2pm and 3 and let's chat about all things transition.

DOD Skillbridge

Thursday, Dec. 5 / 1100 – 1230 (Virtual)

SKILLBRIDGE = An opportunity for eligible service members, with proper Commander approval, to participate in an authorized Training Program before separation/retirement. Join us for a Virtual 90-minute brief & Q&A session *Learn about Skillbridge, who's authorized, the application process, and more!

Military Transition Benefits-Retirees

Thursday-Friday, Dec. 19-20 / 0800 – 1300 (Virtual)

ARE YOU RETIRING FROM ACTIVE DUTY? BEFORE you retire, join us to learn about all of the benefits, entitlements, and services available to you and your family! You will be provided information on the following: TRICARE, Personal Property/Household Goods, Survivor Benefit Program, VA Medical Claim, VET Center, and more....

Open to all Active Duty members who are planning to retire. Spouses are also welcome to attend.

Deployment/Relocation

Sponsorship Training

Wednesday, Dec. 11 / 1300 – 1400 (In-Person)

A vital link to a new duty station! Are you about to become a sponsor? Are you a Sponsor Coordinator? If so, this program is designed for you! You will receive information on available resources, pre-departure, post-arrival, and support services that will make your job and the incoming service member's move much more satisfying.

Command Indoctrination/Newcomers' Orientation

Thursday, Nov. 19 / 0800 – 1500 (In-Person)

Command Indoctrination Programs are designed to facilitate the adaptation of Sailors and their families into their new working and living environments. This will afford Sailors and their families the greatest opportunity for a successful and productive tour of duty. The Indoc/Orientation is for all active duty service members reporting to the U.S. Naval Academy, Naval Support Activity Annapolis, Navy Band, and Naval Health Clinic! Don't miss our information-packed day designed to make your move to a new community a "smooth" one. *Spouses are encouraged to attend.*

Financial Management

CSF 1-Day Refresher Training

Tuesday, Dec. 10 / 0900 – 1030 (In-Person)

Current CFSs can sign up for this 1-day workshop to renew their CFS Certification without taking the 5-day course. Before attending the CFSR course, CFS must provide the following to the FFSC site PFM. **See attached for full course guidelines & agenda**

- Certificate of completion of all 12 Touchpoint modules from the MyNavy Financial Literacy App or Navy e-learning within the previous 12 months.
- Completed a personal Financial Planning Worksheet (FPW) including Net Worth, Income, Expenses, Indebtedness, and Action Plan.
- Under no circumstance will a CFS be credited CFSR completion if the member's personal FPW has multiple errors and/or inability to understand the overall FPW functionality, the member should be referred to the 5-day CFS Basic Course. Civilian attire can be worn.

PROGRAMS FOR EDUCATION AND TRAINING

Home Buying

Tuesday, Dec. 3 / 0900 – 1030 (In-Person)

A home is one of the most complicated and expensive purchases you will ever make. This workshop is designed to increase the knowledge and comfort level of first-time home buyers and serve as a refresher for repeat home buyers.

Credit Management

Thursday, Dec. 12 / 0900 – 1030 (In-Person)

You will learn to establish and maintain good credit and avoid excessive debt.

Life Skills Education

Anger Management

Wednesday, Dec. 4, 11, 18 / 0830 – 1130 (In-Person)

Do you find your anger racing from 0 to 60? Do you often regret something you've said or done as a result of being angry? If the answer is yes, this workshop may be for you!

Anger is a completely normal, usually healthy, human emotion. But when it gets out of control, it can lead to problems at work, in your personal relationships, and the overall quality of your life. This workshop is designed to help you understand and identify triggers for your anger. You will also learn techniques that can be used to manage and transform anger into a power that works for you, not against you!

This workshop will be held weekly. All three sessions must be attended for completion. No Uniforms, Civilian attire only.

Dealing with Holiday Stress

Friday, Dec. 13 / 1100 – 1300 (In-Person/Virtual)

This workshop aims to help participants recognize the sources of holiday stress and understand its impact on their well-being. The holiday season often brings about various stressors, such as crowded stores, long lines, traffic jams, and the pressure of juggling priorities and finances. These challenges can sometimes trigger our less favorable traits. Additionally, when an extended family gathers, conflicts are likely to arise.

In this workshop, you'll learn effective conflict-resolution skills to help you navigate family dynamics during the holidays. You'll also identify your signs of holiday stress and discover practical strategies to reduce it, along with tips for saving money. Don't miss this opportunity to prepare for a more enjoyable holiday season!

Exceptional Family Member Program (EFMP)

The ABC'S Of EFMP

Wednesday, Dec. 18 / 1000 – 1100 (Virtual)

Wondering what the Exceptional Family Member Program (EFMP) is all about? Have questions? Then this workshop is for you! NSA Annapolis's EFMP Case Liaison will provide you with the basics of EFMP, answer your questions, and leave you with a better understanding of the program. Come join us for this informative workshop.



ADDITIONAL INFORMATION

Workshops and seminars are open to Active Duty, retired military personnel, and their family members. To register or for more information, call (410) 293-2641.

New to NSA Annapolis? Make the Fleet and Family Support Center one of your first stops! You can attend a workshop, meet other Navy spouses and gather informational materials.



JOB SEARCH RESOURCE ROOM

The Resource Room has everything that military family members (16 years old and up) and transitioning service members need to conduct successful job searches and relocations resources -- computers with internet access, a laser printer, fax machine, copier access, reference books, informational self-help pamphlets, and resource hand-outs.

Located inside FFSC -- 168 Bennion Road, Annapolis, MD.