

NETWORK NEWS

UPCOMING EVENTS:

JUN. 09 Building Financial Resilience: Resources for Financial Peace of Mind
11:00 am - 12:30 pm ET

JUN. 10 Supporting Youth to Set Healthy Boundaries with Technology
12:00 pm - 1:30 pm ET

JUN. 16 Creating Space: Arranging Environments to Promote Positive Behavior
11:00 am - 12:30 pm ET

JUN. 23 Building Cultural Competence in Nutrition and Dietetics
11:00 am - 12:00 pm ET

JUN. 24 Medicaid & Medicare: Resources in a Time of National Health Crisis
11:00 am - 12:00 pm ET

JUN. 30 Warrior Wellness: Mental Health and Women in the U.S. Military
11:00 am - 12:00 pm ET

Building Networks for Resilience During COVID-19

I need people. It was easy for me to forget that pre-COVID-19. I was caught up in the daily stresses of work and family, and concerned with crises that now seem insignificant in light of our new reality. The social distancing and self-quarantine we are practicing to reduce the impacts of the COVID-19 pandemic have reminded me how much we all depend on social support for our individual resilience.

Due to the pandemic, we've lost many of the routines that brought us together (e.g., worship services, community meetings, seeing people in the office, etc.). Now more than ever, we need to be intentional about nurturing our existing relationships and creating new connections.

A couple of years ago, my MFLN colleagues and I created the "Building Networks for Resilience" Learning Experience. It focuses on using elements of John Stepper's Working Out Loud process, positive psychology, behavioral science and more to build and maintain relationships that improve our resilience.

I think this learning experience can be especially helpful right now. It provides a new routine for working on your relationships and a structure to help you focus on improving the social support networks that are critical to our individual resilience.

When you subscribe to the "[Building Networks for Resilience](#)" Learning Experience, you'll receive 8 weekly emails, each containing a resource and one thing to do to practice building relationships. The resources include five podcasts exploring each of the five elements of Working Out Loud: purposeful discovery, relationships, generosity, visible work, and a growth mindset.

The learning experience was designed so you could do it on your own, but you can make the experience even more meaningful by sharing it with colleagues or friends. Schedule video chats and subscribe to the learning experience together, then get together (virtually, of course) to discuss how your personal practice is changing.

We need each other, not only for our individual resilience but also for the resilience of our communities. I hope you'll give "Building Networks for Resilience" a try, and that it helps you build the social support you need to get through this crisis and the challenges still to come.

[Subscribe to the Building Networks for Resilience Learning Experience](#)



Intentional Design: Promoting Positive Behavior

The Early Intervention team's four-part webinar series for 2020 focuses on promoting positive behavior in young children. This webinar series covers the ABCs and the function of behavior, multi-tiered systems of support (MTSS), environmental arrangement, working with families, and promoting friendship and belonging. These free webinars are easy to join and offer continuing education credits.

[NEWSBITES]



COVID-19 Financial Survival Strategies

Personal Finance Manager's offices are on the front lines helping military families cope with the financial impact of the COVID-19 pandemic. Here are six tips to consider personally and share with clients.

COVID-19 and Advance Care Planning: Now More than Ever

If you've been waiting for an opportunity to bring up what can be a sensitive topic with family members and jumpstart your own planning—COVID-19 is it. This blog post discusses four advance care planning and COVID-19 to do's.

Connect while Social Distancing: Host a Virtual Game Night

During this period of physical separation, we are reminded in countless ways that social connection and laughter are not just good ideas, they are human needs. Relationships and laughter serve as potent health and wellness instruments.

Food Insecurity Amidst a Pandemic

Prior to the pandemic, food insecurity was estimated to be a big problem in 2020 due to global warming and the economic crises. Now, with a global pandemic on top of the mix, the impact is unbelievable.

Collaboration: Breaking Down Silos and Building Networks to Support Military Families

As military service professionals we must rethink the way we work with Service-members and families. No single individual, agency, or community is capable of addressing all military family life matters alone. Becoming a collaborative professional, organization, and agency means breaking down silos and building networks. Specifically, taking a "collaborative stance" involves bringing together all stakeholders to share voices and expertise—with the common goal of increasing outreach to support the well-being of military families.

[Listen to this episode!](#)

New Podcast Episode!



Helping Military Families Become More Resilient Through Various Transitions

Service members and their families face unique stressors in the various transitions they face (e.g., frequent moves). Through each transitional challenge, many military families are expected to maintain resilience all the while minimize family vulnerabilities. In this episode you will hear about tools for building individual and family resilience, and practical applications for strengthening individual and family processes for resilience.

[Listen to this episode!](#)

