

NETWORK NEWS

UPCOMING EVENTS:

FEB.
3 & 23 | Asset-based Community Recovery Workshops
[Check page for time details](#)

FEB.
10 | Financial Preparedness is Disaster Preparedness
11:00 am - 12:30 pm ET

FEB.
17 | Going Beyond the Checklist in Emergency Preparedness
11:00 am - 12:30 pm ET

FEB.
24 | Food and Nutrition Before, During and After Disasters
11:00 am - 12:30 pm ET

FEB.
25 | Overview of Treatment for Children - Problematic Sexual Behavior of Youth
11:00 am - 12:30 pm ET

MAR.
03 | Preparing for Disasters During a Pandemic
11:00 am - 12:30 pm ET

New Year's Resolutions — Healthy Habits for the Military Family

2020 was a bit of a rollercoaster and the events of last year will most definitely shape 2021. With everything going on in the world around us, it is hard sometimes to ground ourselves and to remember what is truly important for us and our families. With that in mind, we wanted to share some tips and strategies moving forward to help you and your family, especially those in military families, build healthy habits to see you through this upcoming year.

One key to building healthy habits for the family is to create and maintain consistent routines. "Consistent routines help children experience a sense of safety, predictability, and control in their world" (Jacoby, 2021). This can include ensuring bedtime and wake up times stay consistent, prioritizing family mealtimes, and consistent exercise/ outdoor activities for the whole family. The more these routines stay consistent, the more in control and natural these activities will feel for all members of the family.

Other ways to help our families stay happy and healthy are to prioritize quality family time while practicing healthy communication among family members. Planning events around family time can be something each member of the family gets to do and enjoy. "All members of the family should have a say in how quality family time is spent. Doing this can bring families together and strengthen both parent-child and couple relationships" Military OneSource (2020). Also, healthy communication should be honest and open, with each member of the family getting to express themselves and their needs.

Finally, self-care is an important aspect of staying consistent in complex and sometimes stressful family interactions. You must take care of yourself to take care of others, right? "Self-care looks different for each person but includes doing meaningful activities that enhance your physical health, personal joy, spiritually nourishing, or a sense of learning or accomplishment" Jacoby, V. (2021).

We hope you can take some of these suggestions and apply them to your family life today. Here is hoping for a new year in which we can support each other and support ourselves.

REFERENCES

Jacoby, V. (2021). 5 Healthy Habits to Promote Mental Wellness For Military Families. One in Five Minds. Retrieved from: <http://info.lin5minds.org/blog/5-healthy-habits-to-promote-mental-wellness-for-military-families>

Military OneSource (2020). Staying Safe While Staying Healthy: Tips for Military Families. Retrieved from: <https://www.militaryonesource.mil/family-relationships/family-life/preventing-abuse-neglect/staying-safe-and-healthy/>

Asset-based Community Recovery Workshop | 2021 Academy Series

This workshop, based on the Asset-based Community Recovery Framework, will allow you to discover the assets and capacities of your community to make our military families more resilient and aid in their recovery after a disaster. This framework is different because it's a bottom-up approach allowing individuals, organizations, and businesses to think about the roles people and communities play in moving forward.

[We encourage you to contribute your voice, experiences, and lessons learned to this workshop.](#)

[NEWSBITES]



Unpacking Stay-Play-Talk

Stay-Play-Talk can really be adjusted in so many ways to meet the needs of both the child and teacher. In this blog post we want to briefly review the steps for implementing SPT in the early childhood classroom.

Ensuring a Successful Transition from Military to Civilian Life for Women Veterans

Women and men experience various transitions both during and after their military service. As a result of such transitions, challenges encountered by some servicemembers and veterans are not always a seamless experience.

Downsizing Holiday Debt

Like many Americans, it is not uncommon for military families to have leftover holiday debt still hanging over their heads like a big dark cloud. What can you do to help these clients? There are a number of time-tested ways to dig out from under a pile of debt and free up money to save.

Are You Making Your Care Receiver Feel Helpless?

Knowing that I can't be the only caregiver feeling helpless, I researched the topic to better understand the emotions associated with helplessness and to garner coping strategies. During my exploration process I was surprised at what I found, and didn't realize that the literature is divided into three types of helplessness.

Why Sleep? | PCS Caregiving

In this Let's Talk Transitions! Podcast, Jennifer Rea chats with Dr. Kate Hendricks Thomas, U.S. Marine veteran officer and behavioral health researcher. Kate shares her personal experience of the challenges she had when transitioning from the active duty component to civilian life. These "hurdles" motivated Kate to research and then educate others about the importance of mental fitness and performance – to ensure that other service members who follow after her, do not have to fight the same battles as Kate once did. Several culturally specific resources are shared to better assist professionals as you work (specifically) with female service members, women veterans, and their families.

[Listen to this episode!](#)

New Podcast Episode!



Practicing Reflection

In this episode, Jessica and Bob take some time to reflect on 2020 and look forward to 2021, sharing some of the questions they find most helpful for reflection and their answers to those questions.

[Listen to this episode!](#)

