



# Readiness through Resiliency

## **Beating Holiday Stress**

Holidays can often present a dizzying array of demands, between shopping, spending, party preparation, and extensive visits with family. The combination can make it easy to feel not so wonderful during this most wonderful time of the year. Try some of the following tips and resources to help beat the holiday blues.

### **Holiday Stress Survival Toolkit (Military OneSource):**

[http://www.militaryonesource.mil/phases-career?content\\_id=273742](http://www.militaryonesource.mil/phases-career?content_id=273742)

### **Plan for a stress-free holiday season:**

[http://www.mccslejeune-newriver.com/hr/Compass%20Nov15\\_MCCS.pdf](http://www.mccslejeune-newriver.com/hr/Compass%20Nov15_MCCS.pdf)

#### **Leadership:**

- Encourage fun and creative ways to acknowledge the holidays with your staff.
- Ensuring your Marines and Sailors have enjoyable plans for the holiday season.
- Look for changes in behavior and risk indicators, especially during this time of the year.
- This is a good time of year to set the example by giving back, volunteering, and helping those in need.

#### **Unit:**

- Talk to your unit FRO for information on upcoming family events as well as additional community and installation resources.
- Unit Chaplains can provide one on one assistance with Marines and Sailors and can also provide classes on a variety of topics.
- Unit MFLCs can provide the following training in conflict management:
  - ⇒ Stress During the Holidays: Maintaining Balance and Stress Resilience
  - ⇒ Life in Balance: Relaxation and Stress Relief

#### **Installation/Military Community:**

- **Military OneSource:**  
[http://www.militaryonesource.mil/pfm/budgeting-and-basic-money-management?content\\_id=267397](http://www.militaryonesource.mil/pfm/budgeting-and-basic-money-management?content_id=267397)
- **Single Marine Program:**  
<http://www.mccslejeune-newriver.com/smp/SMP%20Dec%20Calendars%202015%20111015.pdf>
- **USO of Jacksonville:**  
<http://uso-nc.org/our-events/jacksonville-center-events/>
- **City of Jacksonville:**  
<https://jacksonvillenc.gov/DocumentCenter/View/1418>

***Force Preservation: It's everyone's responsibility***