



# LIFELINK

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## Fleet Feature: "Yoga for the Mind, Body and Soul"

In today's competitive, fast-paced Navy environment, tending to your own basic needs can sometimes take a backseat to getting the job done and getting ahead. Reactions to stress can take various forms, and when left unchecked or unacknowledged, they can take a toll on emotional and physical health. This is something that one Sailor attached to aircraft carrier USS John C. Stennis (CVN 74) learned firsthand. Senior Chief Terrish Bilbrey, Operations Department Leading Chief Petty Officer, recently shared how one self-care practice helped her make positive changes in her life and pay it forward.

"I came into the Navy with this really badass attitude" Bilbrey said in a related [John C. Stennis \(CVN 74\) blog post](#). She served 10 straight years of sea duty, during which time her career flourished. She was selected for Sailor of the Quarter twice in one year, as well as Pacific Fleet Sailor of the Year. She advanced to chief on her first try. Yet difficulties in Bilbrey's personal life, in combination with a childhood that led her to seek achievements to validate her self-worth, began weighing on her. Without an outlet, the stress and her need to succeed began to lead her to make destructive decisions.

After some lows, Bilbrey described what led to a turning point in her life: yoga. Though she already led an active lifestyle, she turned to this self-care practice to help her regroup, decompress, and self-reflect. "I started to realize that I would have these sensations of forgiveness and I would start to let go of some feelings and anger and all of those things that I held inside," she shared. Bilbrey learned to view challenges as inspiration, asking herself what she can learn from them rather than allowing the presence of challenges to negatively influence her.

Eventually, Senior Chief Bilbrey went on to pursue her yoga teaching certificate while stationed at Fort Bragg, North Carolina, to share with her shipmates all of the positive impacts that the practice continues to have on her life. She currently

teaches yoga classes to her Stennis shipmates with a goal of helping them understand that they are perfect the way they are. "I don't want anyone else to feel that they are not worthy because that is the way I felt for 30 years of my life," Bilbrey says. Yoga has brought Bilbrey a new sense of clarity and purpose for her own life. Beyond her current teaching, she hopes to build upon what she's started by helping others realize their potential through mindfulness and lifestyle changes.

Good self-care can be challenging to adopt or maintain, often due to demands on time, energy or putting others needs before your own. As this New Year begins, find an accessible personal practice that you can work into your routine to help you recharge both physically and emotionally. Whether it be yoga, running, journaling, or connecting with spirituality, your commitment to yourself not only benefits you—it enables you to **be there for others**, stay present during challenges and stay mission-ready. Bilbrey chose yoga, and now she believes that "we have the ability to design our life, the ability to take whatever it is you dream of... and make anything happen in your life."



To read "Yoga for the Mind, Body and Soul" in its original form and learn more about Senior Chief Terrish Bilbrey, [click here](#).



## Lifelink Spotlight

The *Every Sailor, Every Day* campaign recently wrapped up its second annual 21 Days of Total Sailor FITmas, bringing Sailors and families new tools to navigate stress during the holidays and into the New Year. This effort would not have been possible without the help of several partners across the Navy and Dept. of Defense who share the mission of helping service members live healthy and meaningful lives. As we extend our gratitude to the following partners who contributed to this year's effort, be sure to check them out online to find additional resources to help you and your shipmates navigate stress all year long.

- **Guard Your Health:** Army National Guard's readiness and resilience campaign isn't just for citizen-soldiers. If you were a fan of their daily FITmas workouts, head over to [www.guardyourhealth.com](http://www.guardyourhealth.com) for more tools to boost your physical and psychological health. There you'll find recipes, workout videos, an "Ask the Experts" section that offers the opportunity to post an anonymous health question and more. Check out the "**Personal Stories**" section for a motivational start to 2017.
- **Human Performance Resource Center (HPRC):** HPRC is a one-stop source for service members and families, providing evidence-based tips to optimize all of your fitness goals. They gifted FITmas followers with great tips to tackle emotional, behavioral, physical and family health challenges, including this one on reframing your **stress mindset**. You can find short blog posts, articles, videos and more at [www.hprc-online.org](http://www.hprc-online.org).
- **Real Warriors Campaign:** Before deployment, after deployment, on shore-duty or post-military career, Real Warriors has you covered with resources to "help make your lives a little easier." If you or your shipmates need a little extra inspiration, check out their **I Can, I Will** video profiles. Download their **app** to share photos (and Small ACT Selfies) and salute others. Order **campaign materials** for your command. Or find resources for families and health professionals, like these **5 Tips for Caregivers** shared in December.
- **Navy & Marine Corps Public Health Center (NMCPHC):** As a suicide prevention coordinator, it's increasingly important to take a comprehensive approach to promoting psychological health at your command. NMCPHC's Health Promotion & Wellness Department has excellent resources to complement your ongoing efforts to support *Every Sailor, Every Day*. Check out their monthly **Health Promotion Toolboxes** for resources, including the **31 Day Challenge for a Healthier Life** to get your shipmates on the right track for the New Year.

Thank you to all of our partners, including the Navy Chaplain Corps and Navy Chief of Information. And thanks to all of the Sailors, commands and families who followed and shared the 21 Days of Total Sailor FITmas with others. Happy New Year!

## Plan of the Week Notes

*Below are sample Plan of the Week notes aligning with topics covered by the Every Sailor, Every Day campaign during the month of January:*

1. While multi-tasking may seem like the only way to get it all done, our brains are only wired to focus on one thing at a time. Constantly switching from task to task actually has a negative impact on productivity, keeping you from "being in the zone." To break this habit, make a list of your top three priorities for each day and schedule a block of time for each. If you do not complete the task in the scheduled time, come back to it later. Completing to-dos in batches can minimize unproductivity and frustration, keeping your attention focused and your mind sharp.
2. Beat the blues with more ZZZs. Shorter days with less sunlight can increase production of sleep-related hormone melatonin, making you feel tired. Make a commitment to prioritize sleep, aiming for at least seven hours per day. A twenty-minute nap when possible can provide an energy boost as well. For more, visit <https://navstress.wordpress.com/2016/07/27/fatigue-the-big-grey-elephant/>.
3. Have you seen the *Every Sailor, Every Day* PSA? This short video underscores the life-saving impacts that ongoing dialogue, peer engagement and active leadership can have. It starts with YOU. Watch here: <http://go.usa.gov/x3AU3>.
4. From financial troubles, to substance abuse, relationship issues, return from deployment and more, the Be There Peer Support Call and Outreach Center can help. Dial 1-844-357-PEER (7337) or text 480-360-6188 to be connected with a peer counselor who has been there and will be there for you. Visit [www.betherepeersupport.com](http://www.betherepeersupport.com) for more info.

## New Videos from the *Keep What You've Earned* Campaign

Do your shipmates know how many ounces are in a standard glass of wine? See for yourself by checking out the new videos from the *Keep What You've Earned* campaign,

including "**Sailor on the Street Trivia**" and "**Choices.**" View them today, along with other infotainment

videos available on [www.youtube.com/user/NavyNADAP](http://www.youtube.com/user/NavyNADAP).



## News and Resources

Principles of Resilience  
[OSC](#)

Think Habits Over Resolutions  
[HPRC](#)

The Credit Card Statements  
are In...Now What?  
[NavyNavStress](#)

Lack of Daylight May Cause  
Winter Depression  
[DCoE](#)

Identify your Food Triggers  
[NMCPHC](#)

Getting Ahead of the Post-  
Holiday Blues  
[NavyNavStress](#)

Infidelity 101  
[HPRC](#)

The Allen Special  
[All Hands Online](#)

Navy HHG 2017 Webinars  
Scheduled to Make Moves go  
Smoothly  
[Navy.mil](#)

New Year, New You, New  
Deployment?  
[Military OneSource](#)

The Science Behind Finding  
the Balance Between Combat  
Load, Survivability, Health and  
Performance  
[Navy Medicine Live](#)

The Max Out #WarriorReady  
Workout  
[Guard Your Health](#)

Mind over Mood: Six Ways to  
Think Positively  
[Real Warriors Campaign](#)

## Current and Upcoming Events

Healthy Weight Month  
January  
[Resources here](#)

SPC Training Webinars  
January 11, 1400 CT  
January 26, 1000 CT  
[Register here](#)

## Resolve to Reframe your Money-Mindset for 2017

According to the University of Scranton, more than one third of resolutions made are money-related. Despite the good intentions, motivation and ambition, 25 percent of all resolutions fail to make it past week one. What's the deal?

While setting goals for the New Year can help us reflect on successes and opportunities, it's also a time to assess what we want out of life and dedicate energy to what will have the most impact. Who wouldn't want to have a large nest-egg, build wealth, eliminate impulse shopping and be debt-free in 365 days? While all of the above sound great, setting goals that may not be realistic for you can contribute to feelings of failure and decreased self-worth (and coincidentally, these are not things that we typically envision coming along with financial prosperity).

This year, focus on making money your ally rather than your adversary or measuring stick for your self-worth. Check out these small acts to reframe your money mindset for 2017, offered by our financial expert Stacy Livingstone-Hoyte.

**Regain a sense of control.** Perhaps your money-resolution is motivated by the unexpected lack of green in your wallet or accounts post-holidays, which can leave anyone feeling a little blue. Rather than resolving to a hopeless financial outlook or unrealistic goals, tackle holiday spending with a level-head. Gather up your receipts (paper or emails from online transactions) so that you can not only get an accurate assessment of what you spent, but to ensure that your bank and **credit card statements** are accurate when they start to populate your inbox. Once you've taken this step, create or modify your budget for the New Year so that you can reasonably reduce your debt or revive your savings without creating a **cycle of debt** for the future. **Military OneSource**, your local Fleet and Family Support Center and [www.militarysaves.org](#) offer budgeting tools to help you balance debt payments, savings, investments and spending.

**Define what financial well-being actually means to you.** It's not *all* about paying the bills and saving for the future. Even the Consumer Financial Protection Bureau includes being "able to make choices that allow for enjoyment of life" in their **definition of financial well-being**. Achieving all three requires some balance and a long-term perspective, rather than solely focusing your sights on short-term achievements. As you refresh your budget for the New Year, include a discretionary spending allowance for each month, accounting for daily necessities like groceries and gas, as well as a *reasonable* amount for entertainment (a night out, a family outing, exploring your next overseas port-of-call, etc.). Doing so will help you plan for blind-spots that may throw your budget off track. You deserve to enjoy what you've earned – just be honest with yourself in examining *how* you do so and *why*.

**Apply some of your holiday spending tricks throughout the year.** During the year you'll likely find yourself scrambling to buy a few gifts for anniversaries, birthdays or celebrations. Set reminders in your phone 30 days in advance of each event so that you have enough time to search and budget for a gift. When determining your gift, keep your focus on the **meaning behind your relationship** with the person rather than giving them the most expensive thing your remaining discretionary funds will allow. **Non-material gifts** — perhaps a memento from a memorable duty station to a shipmate being promoted — can be more valuable than anything you can swipe a card to purchase. Outside of gift-giving, you can apply a few familiar tips to get everyday shopping in check too. Do your **research** to compare prices, reviews, and deals. Don't forget to make a list and check it twice whenever you head to the store so that you're not going in for a roll of paper towels and leaving with a new flat screen television!

If you've found that by the end of years past you're measuring success by how closely you've achieved your financial resolutions, it's time to take a new approach. Start with a little gratitude and positive outlook by committing to progress rather than perfection.

