

# Annapolis

## Fleet and Family Support Center

### NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

DECEMBER 2022

## Tips to Manage Holiday Stress

The holiday season can be a stressful and overwhelming time of year. For many people, 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.

### 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 are going to 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.

### Be Realistic

The holidays don't have to be just exactly perfect. Don't stress yourself out by trying to create the perfect 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.

### 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, where stress is often high.

### 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 wellbeing. 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.

### 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.

### 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.

### 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.

### 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 then 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

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The  
Fleet & Family Support  
Center

# December 2022

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

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			1 Resume Writing Workshop - In Person 9a	2
5 Transition Assistance Program (TAP) 8a	6 10 Steps to Federal Employment Workshop- In Person 9a	7 Anger Management Workshop - (3 Sessions) - In Person	8	9 Developing Your Spending Plan- In Person 9am
Transition Assistance Program (TAP)				
12	13	14 Sponsorship Training - In Person  Anger Management Workshop - (3 Sessions) - In Person	15 Command Indoctrination/ Newcomers' Orientation - Virtual 8a  Interviewing Techniques- In Person 9a	16
Executive Transition Assistance Program (ETAP)				
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# PROGRAMS FOR EDUCATION AND TRAINING

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## Career Development

### Resume Writing Workshop -In Person

**Thursday, Dec 1, 9:00 a.m. – 12:00 p.m.**

Wondering how to write your resume? Have you written a resume but it isn't getting the results you want? Our resume writing workshop will help you get started or even show you how to improve the one you have written. This class will discuss tailoring your resume, selecting the best format for your work experience and creating a cover letter. Don't pay someone else to write your resume! Call the FFSC at 410-293-2641 to register.

### 10 Steps to Federal Employment Workshop- In Person

**Tuesday, Dec 6, 9:00 a.m. – 12:00 p.m.**

The Federal Government has excellent career opportunities in a variety of occupations. However, the Federal Employment Hiring process is complex, challenging and confusing! This workshop will provide an overview on federal employment where you will learn how to navigate the USAJOBS system, analyze a vacancy announcement, understand the type of hiring programs and preferences, as well as learn how to write a federal resume. Please join us and learn strategies and tips for a successful federal job search. Register today by calling 410-293-2641.

### Interviewing Techniques- In Person

**Thursday, Dec 15, 9:00 a.m. – 12:00 p.m.**

What are your greatest strengths? Greatest weaknesses? Learn how to answer these and many other common interview questions. This workshop discusses interview preparation, the stages of an interview and interview follow-up. Call the FFSC at 410-293-2641 for program information and registration.

## Transition Assistance

### Transition Assistance Program (TAP)

**Monday – Friday, Dec 5 – 9, 8:00 a.m. – 4:00 p.m.**

The Transition Assistance Program (TAP) provides information, tools and training to help service members and their spouses get ready to successfully move from the military to civilian life. From start to finish, TAP guides users on veteran benefits, education options, federal assistance and veteran employment help. The first three days will offer the basic mandatory core curriculum. The following two days will feature the career path that offers the My Employment Track. Register now if you are within 1 year of separation or 2 years of retirement. Classes fill up quickly! **IMPORTANT!!!** You must contact your Command Career Counselor and complete a Self- Assessment where you will be assigned a tier prior to enrolling in TAP.

### Executive Transition Assistance Program (ETAP)

**Monday – Friday, Dec 12 – 16, 8:00 a.m. – 4:00 p.m.**

Transition course designated for E-9s and O-5 and above. This is a five-day workshop designed to prepare retiring service members for transition to civilian life. The program provides a comprehensive mix of education and skill building to meet Career Readiness Standards. Topics include, but are not limited to:

- Skills assessment
- Resume writing
- Interview techniques
- Job search methods/ Salary Negotiations
- Review of veteran entitlements
- Financial planning

Register now if you are within 2 years of retirement. Classes fill up months ahead. **IMPORTANT!!!** You must see your Command Career Counselor prior to enrolling in TAP.

### Transition GPS Capstone

**(Virtual by appointment only)**

CAPSTONE is the final mandatory event for transitioning military members. Service members must demonstrate appropriate Career Readiness Standards (CRS) based on the goals they plan to pursue after service (employment, education or technical training). All transitioning service members must complete CAPSTONE NLT 90 days before separation. Please call FFSC to register. Required Documents for Capstone:

- Completed standardized ITP to include appropriate Career Track sections
- eBenefits Registrations
- Completed Gap Analysis
- Completed Resume/Employment application
- TGPS Workshops Certificate
- Documented requirements for licensure, certification & apprenticeship – if applicable
- Prepared 12-month post-military budget
- DD2958 Career Readiness Standards/ITP Checklist
- DoD ID card/CAC Card

## Deployment/Relocation

### Command Indoctrination/Newcomers' Orientation - Virtual

**Thursday, Dec 15, 8:00 a.m. – 3:00 p.m.**

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 days designed to make your move to a new community a "smooth" one. A highlight of the Orientation: a tour of the Naval Academy! Spouses are encouraged to attend.

### Sponsorship Training - In Person

**Wednesday, Dec. 14, 1:00 p.m. – 2:00 p.m.**

SPONSORSHIP: 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.





# PROGRAMS FOR EDUCATION AND TRAINING

## Personal Financial Management

### Developing Your Spending Plan - In Person

**Friday, Dec. 9, 9:00 a.m. – 12:00 p.m.**

Do you need to learn how to develop a good budget, or spending plan? This workshop will provide you with the background and tools to develop financial goals and have a written plan to achieve those goals. To register call 410-293-2641.

### Credit Management - In Person

**Thursday, Dec. 22, 9:00 a.m. – 12:00 p.m.**

Would you like to learn the best practices for establishing and maintaining good credit and avoid excessive debt? This workshop will give you the tools and guidance needed to put your best credit management into action. To register call 410-293-2641.

## Life Skills Education

### Anger Management Workshop - (3 Sessions) - In Person

**Wednesday, Nov 30, Dec 7 and 14**

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 in 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!

### Holiday Shopping & Breakfast with Santa

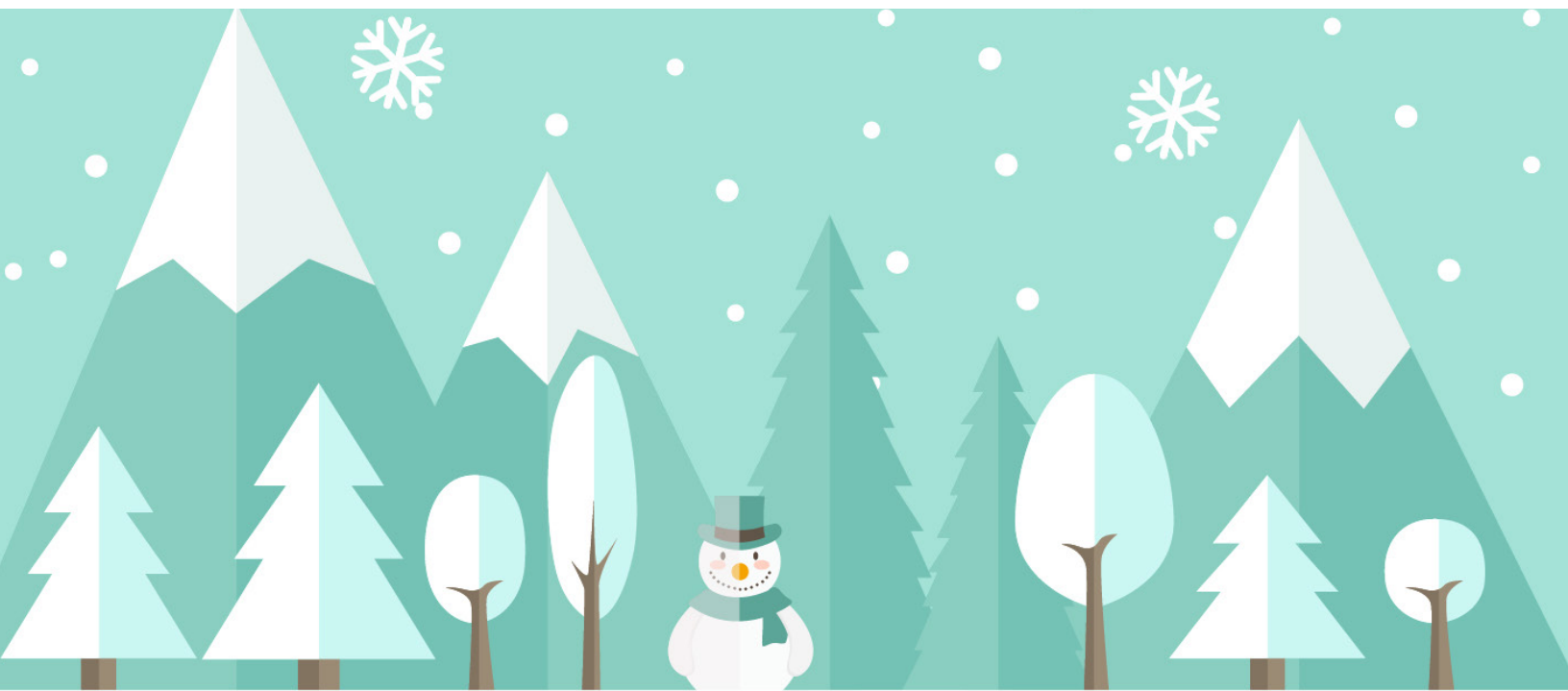
**Saturday, Dec 10, 7:45 a.m. – 10:30 a.m. @ NSA Annapolis NEX**

(For Kids 5 - 12 years old)

Our Annual Holiday Shopping Event for Military Children!

We'll learn: how to think carefully about purchases, how to compare prices, Smart Buying Tips, and, we'll have fun shopping for family and friends. Breakfast at Subway. Cost for Breakfast \$2.50.

Call for more information. Please make your reservations no later than December 8, 2022. Hope to see you there!



#### ADDITIONAL INFORMATION

Workshops and seminars are open to active-duty and retired military personnel and their family members. Call the FFSC at 410-293-2641 to register or for more

information.

**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 older) and transitioning service members need to conduct successful job searches and relocations resources -- computers with internet access, laser printer, fax machine, copier access, reference books, informational self-help pamphlets and resource hand-outs. The room is located at the FFSC.

The FFSC is located at 168 Bennion Road, Annapolis, MD.