

# Monthly Content Plan

www.militaryonesource.mil • 1-800-342-9647



## December 2011 Focus: Happy Holidays

### DATES TO REMEMBER IN DECEMBER

Chanukah: December 21–28; Christmas: December 25; Kwanzaa: December 26–January 1

#### CONTENT

#### Articles

##### *Traditions and Family:*

- » Celebrating the Holidays at an Overseas Duty Station
- » Managing Your Family's Expectations Over the Holidays
- » Defining Your Family Traditions
- » Enjoying the Holidays with your Kids

##### *Holiday Finances:*

- » Budgeting for the Holidays
- » Adjust Your Outlook on Holiday Spending
- » What You Need to Know: New Rules for Gift Cards

##### *Managing Holiday Stressors:*

- » Coping With Holiday Stress
- » Holiday Time: Preparing for Work Stress
- » Grief and Loss: Coping During the Holidays
- » The Holiday Season and Panic Attacks
- » Is It Depression or the Blues?
- » Choosing a Counselor or Therapist
- » Dark When I Wake Up, Dark When I Get Home

##### *Holiday Safety:*

- » Deck the Halls—Safely
- » Holiday Fire Safety Points
- » Holiday Drinking: Keep It Safe
- » Holiday Road Safety: Stay Safe This Holiday Season
- » Travel Tips With Kids

##### *New Year's Resolution:*

- » A Fresh Outlook for a New Year
- » Making Weight
- » Making New Year's Resolutions That Last
- » Setting Realistic Goals

#### Tools and Services

*Podcasts:* Charitable Giving: Giving Without Getting Taken; When Life Changes Cause Grief; Disaster Preparedness for Families with Special Needs Members; Making the Most of Deployment Pay (Coming Soon)

##### *Newsletters to look for in December:*

- » Healthy Living - Staying healthy throughout the holidays; MWR fitness opportunities
- » Family Life in the Military - Helping your kids manage a move in the middle of a school year
- » Personal and Family Readiness – Enjoying the holiday season as a single service member
- » Career and Education Spotlight - Making Military Spouse Employment Partnership (MSEP) work for you

*Pre-recorded Webinars:* Stress Management and Healthy Well-being

*Videos:* Controlling Financial Stress

*Programs:* Living Easy: Stress Management (course)

*Orderable Materials:* Moving; Booklet: Giving It Your Best

*Quiz:* How Do I Handle Stress and Adversity?