

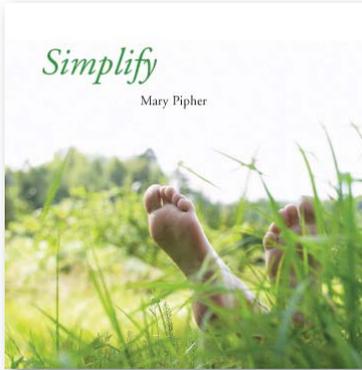
MILITARY ONE SOURCE CONNECTION



Keeping you informed about products and services

1-800-342-9647

Give Yourself the Gift of Simplicity



The military lifestyle is fast-paced and demanding any time of year. Add the winter holidays and stress levels can skyrocket. Our newest audio, “Simplify,” narrated by best-selling writer Mary Pipher, can help you slow down, relax, and gain a greater sense of peace in your life. Tracks include “Simplifying Your Time,” “Simplicity and Family Life,” “The Gift of Quiet Time,” and “A New Way of Seeing and Being.”

As the holidays heat up, give yourself the gift of simplicity. “Simplify” is available as a free CD starting December 1, 2010 through www.MilitaryOneSource.com or by calling 1-800-342-9647. You can also listen online or download to your own audio device.

Save Yourself a Bundle **With Military Saves**

Military Saves is a social marketing campaign that’s meant to persuade, motivate, and encourage military families to save money every month. Go to the Military Saves site at www.MilitarySaves.org for monthly newsletters with practical tips about making savings a priority all year round. Start small. Think big. And take the pledge (to save) today.

For more information about savings programs designed just for members of the armed forces, be sure to read these Military OneSource articles: *The Thrift Savings Plan (TSP)*, *The Savings Deposit Program (SDP)*, and *Military Personal Financial Management Programs*. Type the title into the search box at www.MilitaryOneSource.com.

From Our Military OneSource Facebook Friends

In just over a year, our Military OneSource Facebook community has grown to over 50,000 friends. They use our page to connect with each other, providing moral support, insights into military life, and shared experiences. Here are some responses to a recent post about our article, *When a Service Member May Be at Risk of Suicide*:

“Well worth reading!!!”

“Thank you for posting this. This is a real issue here at our base. Even our own squadron was affected. Please watch out for your fellow service members!! Even just a small gesture of reaching out might save a life.”

“Thank you for the posting, very important information.....Don’t ignore it, be there to listen!”

You can follow Military OneSource on Facebook and Twitter by visiting www.MilitaryOneSource.com and clicking on the Twitter and Facebook icons on our homepage. To read our Military OneSource blog, go to www.MilitaryOneSource.com, click on the Online Tools tab, and then go to “Blog Brigade.”



Managing Holiday Stress

This is an excerpt from "Managing Holiday Stress." To read the entire article, go to www.MilitaryOneSource.com and type "Managing Holiday Stress" in the search box.

At a traditionally joyous time of year, you may find yourself trying to do the impossible in a short amount of time, on a limited budget, with conflicting demands pulling you in different directions. Here are some ways to ease the pressure:



Reducing time stress

Extra holiday tasks and events can lead to overload. Taking these steps can ease the time crunch:

- **Set realistic expectations.** Ask yourself what you want the holiday to be or to mean. What part of it matters most to you? If sharing time with family is most important, why not spend a day playing board games with your children, and less time shopping for gifts or food? If you're planning to serve a meal to family members, why not say "yes" when others ask if they can bring something?
- **Prioritize.** Make a list of all the things you need to do, and decide which ones are the most important. Do those first and the rest if you have time.
- **Say "no."** If you have a tendency to take on too much, learn to say "no" when people ask you to do just one more thing. Or maybe just find some shortcuts if you can't resist saying "yes." For example, you don't have to make all the cookies for a family support group party from scratch—buy the cookie dough that comes ready-made and bake it. Chances are, nobody will even notice.
- **Rethink your traditions.** Some traditions may take up a lot of time long after they have lost their meaning for you or your family. Think about whether this is a good time to replace them with new traditions that would fit all of your needs better.

Reducing family stress

Family tensions can flare up quickly when you get together with relatives who have different personalities and ideas about how to celebrate the holidays.

- **Set differences aside.** Holidays may throw together family members who at other times of the year are happier apart. So it's often best to save potentially heated discussion topics for another time. And remember, unless your family is separated by deployment, you can decide who you want to spend the holiday with and how much time you want to spend together. A holiday gathering is about getting along with people to the best of your ability, not about putting yourself in anxious or loaded situations.
- **Get emotional support.** If you miss people who have passed away or relatives who can't be there to celebrate in person, reach out to friends or family who can give you the emotional support you need. If the people close to you can't give that support, consider talking with a Military OneSource consultant (call 1-800-342-9647 or e-mail a consultant at www.MilitaryOneSource.com) or another counselor who can help, such as a chaplain or other leader in your faith community. If your spouse is deployed, get together with others who are in your situation.

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About Military OneSource

This free 24-hour service from the Department of Defense is available to all active duty, Guard, and Reserve members and their families. Consultants provide information and make referrals on a wide range of issues. Free face-to-face counseling in the local community (up to twelve sessions per issue) is also available to service members and family members. To reach the program call 1-800-342-9647 or access the Web site at www.MilitaryOneSource.com.

Military OneSource

By phone, online, and face-to-face

You name it. We can help—24/7!

1-800-342-9647

Overseas: xx-800-3429-6477 (Country access codes can be found online)

Collect from Overseas: 484-530-5908 (Dial an international operator first)

En español llame al: 1-877-888-0727