



HAPPY HOLIDAYS!

Make Good Choices! Be Resilient!

Physical, Spiritual, Mental & Social FITNESS



R U Fit?

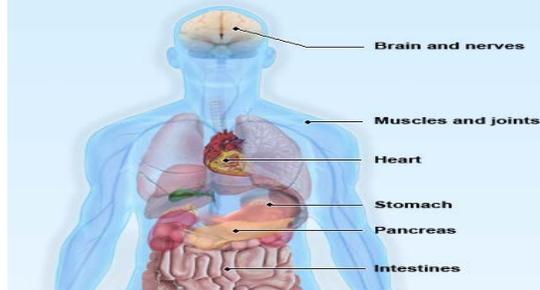
CAF Pillars Community Support Coordinator (CSC) - lead	Week 1 (Dec 6-12)	Week 2 (Dec 13-19)	Week 3 (Dec 20-26)	Week 4 (Dec 27-Jan 2)
Physical Fitness Health/Wellness Center (HAWC) Medical Youth Center	Cornhole Tournament @ E-Lounge (Wed) Monte Carlo Bowling @ Big City Bowl (Fri) Dodgeball Tourney @ Fitness Center (Sat)	Open Scratch Tourn @ Big City Bowl (Sun) Functional Fitness @ Fitness Center (Mon, Tue, Wed, Fri, Sat) RIP RX @ FitCen (Thu) Monte Carlo Bowling @ Big City Bowl (Fri)	Indoor Cycling @ Fitness Center (Mon & Wed) Functional Fitness @ Fitness Center (Mon, Tue, Wed, Sat) Yoga @ Fitness Center (Wed) RIP RX @ FitCen (Thu)	Indoor Cycling @FitCen (Mon & Wed) Functional Fitness @ Fitness Center (Mon, Tue, Wed, Sat) Yoga @ Fitness Center (Wed) RIP RX @ FitCen (Thu)
Spiritual Fitness Chapel Military/Family Life Counselor (MFLC)	FE2 Family Movie Night @ Connections (Tue)	FE2 Holiday Block Party @ Club (Tue) Christmas Tea @ Chapel (Wed) Volleyball Tourney – 3 man teams @ Connections (Sat)	Christmas Eve Catholic & Protestant Mass @ Chapel (Thu) Chapel Community Pie Social @ Chapel (Thu) Christmas Day Catholic Mass @ Chapel (Fri)	Watchnight Service @ Chapel (Thu) Community Fellowship Breakfast @Chapel (Fri) New Year's Catholic Mass @ Chapel (Fri)
Mental Fitness Mental Health Family Advocacy Alcohol/Drug Abuse Prevention Treatment	Single Parents Parenting Skills @ AFRC (Mon) Heart Link Spouse Orientation @ Club (Tue) Pre-Separation Counseling @ AFRC (Tue) Sleep Enhancement @ Clinic (Fri)	3 "C"s of Communication @ AFRC (Mon) Creating a Healthy Marriage@AFRC(Wed) Relaxation & Stress Relief @ AFRC (Fri) Healthy Thinking @ Clinic (Fri)	Communication Trng @ AFRC (Mon) Pre-Separation Counseling @AFRC (Tue) Principles for Healthy Relationships & Marriages @AFRC (Wed) ACT (Accept & Commit) @ Clinic (Fri)	Coping w/ Transitions @ AFRC (Mon) Healthy Relationship Skills for Singles @ AFRC (Wed)
Social Fitness Airmen/Family Readiness Center Key Spouses Sexual Assault Response Coord. (SARC) Equal Opportunity	Jolly Jam @ Youth Center (Mon) Hanukkah Story Time @ Library (Tue) Enhanced Sponsorship Training @ Club (Wed) Financial Goal Planning @ AFRC (Thu) NEO 101 @ AFRC (Thu) Moola @ Club (Fri) All Request Country Night @ Club (Sat)	Special Holiday Bingo @ Club (Tue) Celebrating Diversity Story Time @ Library (Tue) Best Resume Writing @ AFRC (Wed) Basic Budgeting Wksp @ AFRC (Thu) Cultural Adaptation On Base Tour @ AFRC (Thu) Moola @ Club (Fri)	Polar Express Story Time @ Library (Tue) Cowboy Cheerleaders @ Club (Tue & Wed) Sultan's Inn Holiday Meal @ DFAC (Fri) Pajama Party@Club (Sat) Christmas Sale @ Golf Course (Sat) 80's Night @ Club (Sun)	Unit Intro Monitor Training @ AFRC (Wed) New Year's Eve Customer Appreciation Meal @ DFAC (Thu) New Year's Eve Gala/Comedians at Club @ Club (Thu) Latin Night @ Club (Sat)

Prevent Holiday Stress and Anxiety

The winter holiday season, including Christmas, and Hanukkah, for most people is a fun time of the year filled with parties, celebrations, and social gatherings with family and friends. But for many people, it is a time filled with sadness, self-reflection, loneliness, and anxiety.

A number of factors, including unrealistic expectations, financial pressures, and too many commitments can cause stress and anxiety at holiday time. Certain people may feel anxious or depressed around the winter holidays due to seasonal affective disorder (SAD), sometimes referred to as seasonal depression. Headaches, excessive drinking, overeating, and insomnia are some of the possible consequences of poorly managed holiday stress. Those suffering from any type of holiday anxiety, depression, or stress can benefit from increased social support during this time of year.

Areas of the body affected by stress



STRESS does NOT do the body good!

The following tips can help prevent stress, anxiety, and mild depression associated with the holiday season:

- Make realistic expectations for the holiday season.
- Set realistic goals for yourself.
- Pace yourself. Do not take on more responsibilities than you can handle.
- Make a list and prioritize the important activities. This can help make holiday tasks more manageable.
- Be realistic about what you can and cannot do.
- Live "in the moment" and enjoy the present.
- Look to the future with optimism.
- Don't set yourself up for disappointment and sadness by comparing today with the "good old days" of the past.
- If you are lonely, try volunteering some of your time to help others.
- Limit your consumption of alcohol, since excessive drinking will only increase your feelings of depression.
- Try something new. Celebrate the holidays in a new way.
- Spend time with supportive and caring people.
- Reach out and make new friends.
- Make time to contact a long lost friend or relative and spread some holiday cheer.
- Make time for yourself!
- Let others share the responsibilities of holiday tasks.
- Keep track of your holiday spending. Overspending can lead to depression when the bills arrive after the holidays are over. Extra bills with little budget to pay them can lead to further stress and depression.

Holiday depression and stress, fortunately, can be managed well by following the tips listed above and by seeking out social support. Please don't hesitate to reach out to the following agencies when help is needed: SARC, Chapel, Mental Health, Family Advocacy, ADAPT, MFLC, HAWC, A&FRC, EO, and Community Support Coordinator.

Chalk Talk

This month's Topic is "STRESS".

"There is more to life than increasing its speed."

- Mohandas K. Gandhi

"Stress is the trash of modern life — we all generate it but if you don't dispose of it properly, it will pile up and overtake your life."

- Terri Guillemets

"How beautiful it is to do nothing, and then to rest afterward."

- Spanish Proverb

"My son, my precious child, I love you and I would never leave you. During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you."

Margaret Fishback, FOOTPRINTS.

Stress is an ignorant state. It believes that everything is an emergency.

- Natalie Goldberg, Wild Mind

"Most folks are about as happy as they make up their minds to be."

- Abraham Lincoln