



ARMY RESERVE AVIATION COMMAND 'SUICIDE PREVENTION' NEWSLETTER

HOLIDAY RESILIENCY TIPS



1. Press Pause – if you have the tendency to take on too much, remember you're only one person. Slow down, stop, relax, and recharge. It's been a rough year!

2. Don't Believe The Hype – don't compare yourself to the 'perfect' holidays you see on social media and in Hallmark movies. Those folks are only sharing the good moments and not what's going on behind the scenes!

3. Break Free From Inside – even with COVID-19 make sure you're not too house bound. Get outside and take a brisk walk/run etc. The moon and stars present clear and bright in the winter's sky. Go outside and take in the splendor!

RESOURCES

SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)

Vets 4 Warriors 855-838-8255

Give An Hour – Counseling Services
<https://giveanhour.org>

Contact the A.R.A.C. SPPM,
Jeffrey D. McGrady @
606-219-7036 (or)
jeffrey.d.mcgrady.civ@mail.mil

A SEASON FOR OUR CHILDREN?



For many children, nothing compares to the excitement, anticipation and joy of this holiday season. But for us parents, it can be filled with 'land mines'. The nostalgia that we feel or don't have, as adults, is all constructed from our formative years.



Parental Worry #1: "I broke my child. He / she now knows there's no Santa Clause." No worries – a University of Texas study revealed that children who had 'unmask' Santa and discovered the truth were happy they knew. The noted sense of loss came from the parents who felt their children had now lost their childhood innocence they once knew.

Parental Worry #2: "My kids' gifts are all equal in \$ value, but they don't appear that way". That's a valid concern that must be taken seriously. The Max Planck Institute, in Germany, discovered that children, as young as age three, have a real sense of injustice. That's why we hear so many kids saying, "That's unfair!"

Parental Worry #3: "My children are off the chain but I hate to discipline them here during the holidays!" This time of year kids are 'buzzing' with energy due to the spirit of the season. It can be hard for them to relax and get the right amount of sleep.

If this is the case in your home, try thick, light blocking curtains in their room, cotton pjays, sleep journaling with them, and/or the use of a dream catcher. Cutting them back on the candy and sweets should help too.



Children unable to consistently get the right amount of sleep will experience difficulty in management of their emotions and behaviors. Chronic sleep deprivation can cause minor to major mental health problems; to include psychiatric disorders.

We as parents can have a lot of things to consider during this holiday season, but rest assured our kids are more resilient that we tend to think! **Jeff McGrady, ARAC SPPM**



A SEASON FOR GIVING WISDOM

Culturally, this time of year is a season for giving and being generous. Based on a study at Harvard on determining the one factor that leads to one's maximum happiness; Dr. Neil Jeyasingam suggests, as we grow older, we need to find, "An identity by means of maintaining and disseminating wisdom". He goes on to say that any activity that supports and develops the next generation is fundamental to our own overall psychiatric wellbeing. To teach, mentor, and even grandparent brings out the best in all of us. This should come natural for those of us in the Army. So take the time this season to give the gift of your wisdom and knowledge to the next generation! Happy Holidays and God Bless!