

Monthly Content Plan

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November 2012 Focus: Giving Thanks

DATES TO REMEMBER IN NOVEMBER:

Military Family Appreciation Month
National Adoption Month
Daylight Savings Time Ends: November 4
Marine Corps Birthday: November 10

Veterans Day: November 11
American Cancer Society Great American Smokeout: November 15
Thanksgiving: November 22

COMMUNITY

Online Community Activities

- Moderated Chats
- Webinars
- Blog Brigade
- Facebook
- Twitter

CONTENT

Articles

Military Family Appreciation:

- Bridging the Distance Between Family Members
- Bringing Balance Back to the American Family
- Coping When a Family Member Has Been Called to War
- Defining Your Family Traditions
- How Successful Families Succeed: 6 Tips for a Happier Family
- How to Stay a 'Family' Over Long Distances
- Family Counseling: Who It Can Help and How
- Insensitive Comments: When Civilians Don't Understand
- Making the Most of Family Mealtime
- Putting Family First: Setting Limits By Saying No
- Relocation Tool for Service Members and Their Families
- Sharing Family History
- Strengthen Your Family Through Family Meetings

Preparing for a Healthy Thanksgiving:

- Change Your Attitude, Change Your Life
- Contentment
- Coping With Food and Feelings at Food-focused Events
- For Singles: Deciding Where to Spend the Holidays
- Giving Thanks
- Grief and Loss: Coping During the Holidays
- Holiday Drinking: Keep It Safe

- Nurturing Others
- Raising a Grateful Child
- Walking for a Better State of Mind
- What's on Your Plate? Eating Well and Losing Weight

Wounded Warrior Support:

- Adapting a Motor Vehicle for a Person with a Disability
- Assistive Technology
- Building Self-confidence and Resilience After Disability
- Coping With Guilt After Surviving a Traumatic Event
- From War to Work: Easing the Transition
- Mobility Adaptations and Devices
- Nightmares May Continue After a Trauma
- Social Security Disability Benefits for Wounded Warriors
- Traumatic Servicemembers' Group Life Insurance (TSGLI)
- Understanding Traumatic Brain Injury (TBI)
- Understanding the Military Medical Evaluation Process
- Wounded Warrior Acronyms
- Wounded Warrior Resources

Resilience and Stress Management

- Culture and Resilience
- Emotional Endurance: Resilience for the Long Run
- Families in Crisis
- Grief and Loss: Coping During the Holidays

The resources above support MC&FP monthly themes, promotional events, commemorations, and programmatic areas of interest. Content may be freely used to support individual or joint Service outreach activities.

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continued...

CONTENT

- Journal Writing Can Help Relieve Stress
- Learning From Mistakes and Failures
- Managing a Family Crisis When You're on Work Overload
- Overcoming Compassion Fatigue
- Pitfalls of Thinking That Lead to Anxiety
- Raising a Resilient Child
- Resilient Families
- Stress: What Is It?
- Stressed Out? Work Out!
- The Building Blocks of Resilience

Tools and Services

Podcasts:

- Challenges for Children of Deployed Soldiers
- Change Your Attitude, Change Your Life
- Develop Resilience to Recover From Setbacks
- How to Separate Work Stress From Family Life
- How to Help Someone Facing Homelessness
- Interview Tips for People With Disabilities
- Serenity: Why Finding Peace and Tranquility Matters
- What My Culture Means to Me

Recorded Webinars:

- Change the Way You Think to Enhance Your Resilience
- Get a Grip on Stress

Videos:

- Conquer Life's Setbacks With Resilience
- Healthy Strategies to Manage Stress

Materials Available to Order:

- Achieving Balance (CD)
- Coming Home: What to Expect, How to Deal When You Return from Combat (Booklet)
- Coming Together Around Military Families (Kit)
- Feeling Good (Booklet)
- Honoring Our Babies and Toddlers: Supporting Young Children Affected by a Military Parent's Injury
- Over There (CD)

- Over There (Daddy Version)
- Over There (Mommy Version)
- Raising Adopted Children (CD)
- Sesame Street's 'Talk, Listen, Connect: Deployments, Homecomings, Changes' DVD

Quizzes:

- Am I a Compulsive Overeater?
- For Teens: How Do You Cope With Stress and Adversity?
- How Do I Handle Stress and Adversity?
- Relationship Questionnaire
- Stressful Events Inventory

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