



MN Military Family Assistance Centers

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The Year of Taking Care of You

Happy New Year! As we begin 2019 I challenge you to a very important task, Take Care of You! Service Members consistently train to be battle ready/ deployment ready. As many MN family members are in the midst of deployment and pre deployment this year, I feel it is important that we do the same.

One of my favorite quotes is "Courage is not the absence of fear, but the mastery of it" Mark Twain.

Change can be scary, but there are ways that

we can have some control over it. For example, talk about how the changes will effect your family. Create lists together that answer some of the "what ifs" there are some prompts provided on pg. 4 for you. Being prepared can help remove some of the fear of the unknown.

Set up your support network! Remember to feed your happiness! Maybe you have a group of friends or family that can take turns hosting a craft night, book review, movie night, etc. It is too easy to isolate with our to do lists and go into survival mode. It is important to

remember to socialize.

Make sure to also schedule some time to accomplish important hobbies! This is imperative for self care, stress management, and sustaining your mental strength.

Whether you enjoy kick boxing, skiing, or hiking, or a walk after dinner, reading a book, or listening to music. The point is to make sure to give yourself permission to do these activities.

If at any time you need us, we are here and happy to help.

Inside This Issue:



Notes from FAC	1
Notes from State Family Coordinator	
Being Awesome While Surrounded By Chaos = Self Care!	2-3
Ideas for Being Your Best Amidst Deployment and Change	4
Helpful Links	
Ship Thrifty	5
FAC Contact Information	
MMFF	
MOS	
 Military Family Assistance Centers of Minnesota	

State of MN Family Assistance Center Coordinator:

Happy New Year!

It seems like I just wrote that a few months ago and here we are again at another new year.

I hope all of you were able to enjoy some time off over the holidays. With a new year brings new opportunities and a chance at starting over. Maybe you will spend more time taking care of yourself, getting in shape, discovering ways to bring more financial stability into your life, whatever the case, it is a good opportunity to hit the start over button.

The Family Assistance Center can help you with a variety of things to accomplish your 2019 goals. We have resources that can help your with all of the items that I listed above and many, many more. Our team has been busy helping families with people that are impacted by the government shut-down, families that have service members deployed and those that will be experiencing deployments throughout this year.

As always, please continue to help us by spreading the word to a fellow service member or family member in need. Our offices are located on the back of our newsletter each month. I wish all of you and your families a blessed and Happy New Year!

Nancy Launderville

Being Awesome While Surrounded By Chaos = Self Care!

Most of us know that we should be practicing self-care, but when it comes to implementing it into our daily lives we struggle. While you may be juggling several priorities at once, it often leads to leaving your own needs at the bottom of your to-do list. Sure, your once-in-a-blue-moon social outings, salon appointments, and gym sessions might be considered self-care, but at its core self-care is about regular activities that help you recharge and make you feel good.

If you're not making time for daily self-care, you're more likely to feel stressed, unfulfilled and overwhelmed. Becoming the best version of yourself involves taking care of your mind, body, and soul. When you take care of yourself, you give yourself the fuel you need to show up as the best version of yourself in your everyday life. To help you make self-care part of your daily routine and actually stick to it, here are 4 tips to get you started.

Don't do things you hate

If you're only doing something because everybody else is doing it but you absolutely hate it, the more likely it is that you won't commit to it.

The key in sticking to your self-care routine is finding activities that you love and that you look forward to at the end of a long day.

To create a daily self-care routine that works for you and your lifestyle, try experimenting with different things that light you up and make you happy.

Here are some ideas to get you started:

- Reading
- Yoga
- Listening to podcasts
- Going for a walk
- Journaling
- Dance class



Try new things and find what works for you. Remember, your self-care routine should be tailored to you and you alone.

Plan ahead and schedule it

The truth is if we don't make time for self-care, we probably won't find the time for it. Make self-care a non-reschedulable appointment with yourself. Schedule it in your calendar and set reminders if you need to.



For example, block off 30 mins in the morning to do yoga and 30 mins at night to read. Tell your family or roommates what times you will be unavailable. Make it as official as possible. It can even be something as simple as planning ahead and laying your clothes, bag, and lunch out the night before to alleviate some stress in the morning.

When you plan ahead and schedule self-care in, it becomes easier to fit it in your days.

Keep your routine simple

One of my favorite (and maybe most important) ways that I have simplified self-care in my life is by adjusting my mindset around it. I went from thinking it was just another thing on my plate to believing that it was a necessary part of my daily life. I went from feeling guilty about it to understanding that if I don't do it, it's a disservice to those around me.

Focus on the feeling practicing self-care gives you and let that dictate how you implement it into your days. It's important to remember that it doesn't have to be lengthy, complicated or cost money. The whole point of having a daily self-care routine is to help you recharge and relax, so make it as simple as you need it to be to fit into your lifestyle

Remain flexible

Commit to implementing your self-care routine while allowing yourself to play around with how you implement it. There are some days that will be easier to practice self-care and others that it might seem impossible. Things will get in the way and that's an inevitable part of life.

When this happens, it's important to let go of the reins a bit. Don't be too hard on yourself and remember that every day is a fresh start to get back to it. Your self-care routine won't be perfect.

If your daily self-care goals are to get daily movement and nourish your mind give yourself permission to play around with how you will achieve those goals. Create a basic structure but stay flexible in your methods.

This is how I do it: I keep a list of my favorite self-care ideas. Some days, I have more time than others so I choose activities that I can take my time on. On days that I have limited time, I opt for quicker activities. No two days are the same so I work with my schedule to figure out what works best for me at that moment.

Whether you're just starting out with self-care or you're struggling to get back into a routine, these tips will help guide you in sticking to a daily self-care routine that will bring joy, relaxation, and peace into your life.

Angela Ocampo
How To Create A Daily Self-Care Routine
That You'll Actually Stick To

*be good to
yourself*

Ideas for Being Your Best Amidst Deployment and Change

Change can be very difficult, especially when you feel like you have little or no control. Being as prepared as possible can help alleviate some of the fear. Communication is vital and helps everyone understand expectations. When you work together with your spouse or family member, it can take a lot of stress out of a difficult situation and foster a feel of team work instead of feelings of isolation. Below are some ideas of conversation starters to consider that can help in being actively prepared for deployment/separation:



~ Do I have access to all bills and accounts that you pay? What am I expected to do for each of the bills if anything?

~Have you notified all accounts that you are deploying (Service Members Civil Relief Act)

~If there is bad news, for instance an extended family member or family pet passing away that you won't be able to come home for, do you want to be told during deployment or after you get home?

~Household:

*How do you maintain the lawn mower, snow blower?

*How do you change the filters and/or fuses? What size do we need?

*How often should I take the car in for maintenance? Is there a mechanic you prefer?

*If there is a plumbing problem, electrical problem, or storm, who is the home insurance contact and policy #? Are there Repair Companies you prefer I use?

*What arrangements should we make for snow plowing/removal in the Winter?

*What chores do you do that will need to be covered while you are gone (gutter cleaning, drain auguring etc.)

~Pets:

*Who will watch the dog if we have to go out of town? Do we need to arrange for a dog walker?

*Are the pets shots and registrations current? If not, where do they go? When are they due?

These are just some discussion ideas to get you started. When my husband deployed, a lot of my fear came from the unknown, and while you can never prepare for everything, having a clear understanding of everything you can, definitely helps.

HELPFUL LINKS:

Five daily solutions to help with mental health and awareness:

<https://www.militaryspouseadvocacynetwork.org/blog/2019/1/1/5-solutions-for-daily-mental-health-amp-wellness>

The Bounce Back Project: <http://www.bouncebackproject.org/>

How to Create A Daily Routine You Will Stick To: <http://lifegoalsmag.com/how-to-create-a-daily-self-care-routine-that-youll-actually-stick-to/>

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Automatically support troops!

Shipthriftly donates a portion of every shipment to local military families in need.

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It's a Win-Win!

A portion of every shipment is donated back to our organization to provide support for local military families!



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