

# PREVENTION IN ACTION

## SELF-IMPROVEMENT MISSION

### REMEMBER CHANGE STARTS WITHIN AS YOU BUILD YOUR BEST SELF

*Who are you today,  
and who do you want  
to become?*

Take a moment to reflect.  
Is your first thought about  
yourself positive or  
negative?

A negative self-image  
can affect how you see  
challenges and respond  
to the world.

Shifting your focus  
to your strengths and  
potential not only builds  
resilience but also leads  
to healthier well-being  
and relationships.

#### Start With Self-reflection

Understanding your  
thoughts, emotions, and  
behaviors helps to identify  
what needs to change.  
Recognize your strengths,  
acknowledge your  
struggles, and explore what  
truly matters to you.

Ask yourself:

- What am I avoiding?
- What do I value most
- Why might I be resisting change?

If you value better  
physical health, stronger  
relationships, or greater



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**In the military, you tackle obstacles head-on. Inner growth is no different—it's your mission to lead. Take charge of your self-image and shape the person you aspire to be.**

mental clarity, this is your  
call to action.

#### Seek Feedback

Honest input from trusted  
peers can reveal blind spots  
and spark real improve-  
ment.

#### Practice Gratitude

Celebrate small wins and  
everyday blessings to shift  
your mindset.

#### Counter Negative Thoughts

Replace "I can't" with "I'm  
learning" or "I'm capable."

#### Show Self-compassion

Talk to yourself like you  
would a friend. Growth  
isn't linear.

In the military, you tackle  
obstacles head-on. Inner  
growth is no different—it's  
your mission to lead.

Take charge of your  
self-image and shape the  
person you aspire to be.

Change starts within.

Strengthen your skills and  
support system—connect  
with [Marine Corps Family  
Team Building](#), contact a  
[chaplain](#), or talk it out with  
[Community Counseling](#).

You're not in this alone.

## CHANGE THE WAY YOU MANAGE CHANGE

Change is a constant in military life—whether it’s a permanent change of station (PCS), a new promotion, or returning home from deployment.

Even though it’s expected, adjusting to new circumstances isn’t always easy, and it’s common for drinking habits to shift during transitions.

The good news? There are healthier ways to adapt to change while maintaining physical, spiritual, mental, and social fitness.

Five ways to navigate change—and thrive:

### **Prioritize Mental Health**

Staying positive during change can be tough, but simple techniques can help.

Listening to music, meditating, or taking a moment to breathe deeply can clear your mind and lift your mood.

Drinking less also contributes to better emotional balance and mental clarity.

### **Focus on What You Can Control**

While you cannot control the things that happen to you, try controlling how you respond.

When navigating a PCS, your local [Information, Referral, and Relocation](#) office and tools like Military OneSource’s [Plan My Move](#) can ease the transition.

Mix up your workout routine for a healthy distraction and remember owning your limit and drinking responsibly helps to make clearer decisions.

### **Manage Stress in Healthy Ways**

While alcohol might seem like a quick fix during stressful times, it can actually increase stress. Instead, identify stressors and tackle them head-on.

Use resources like Military OneSource’s [Chill Drills app](#) or practice relaxation techniques to find calm. If you like structure, organize your day with to-do lists to keep moving forward productively.



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### **Lean on Your Support Network**

Even when change feels overwhelming, don’t deal with it alone. Rather than reaching for a drink, talk openly with family, friends, and fellow Marines. Sharing what you’re going through and asking for help when needed can make a world of difference. Chances are, someone in your circle has faced a similar situation and can offer support.

### **Connect with Services**

MCCS has Marine and family

support resources like transition and relocation support, financial management, and family life enrichment services. These services are available to help you prepare for changes and navigate challenging times.

### **Need Extra Support?**

Relying on alcohol to cope? It’s okay to reach out. Contact the local [Substance Assessment and Counseling Center](#) for resources, tools, and confidential support.

You’re never alone—help is always available.

## Prevention Resources to Use and Share

**DoD resources and tools:** Check out the Department of Defense’s [www.prevention.mil](http://www.prevention.mil). It includes information about resources, tools, research, and policy.

**Marine Corps Interactive Suicide Prevention and Mental Fitness Resource:** This online resource provides suicide prevention and skill-building information for all Marines and their families.

This is a resource users can come back to as often as they need it. Go to [www.usmc-mccs.org/mfitness](http://www.usmc-mccs.org/mfitness).

**MCCS website:** Visit the Marine Corps Community Services website ([www.usmc-mccs.org](http://www.usmc-mccs.org)) to find information about programs and resources and read articles that offer skill-building information.

**Prevention in Action—Stakeholders Training:** Visit [www.marinenet.usmc.mil](http://www.marinenet.usmc.mil) and search Prevention in Action. This self-guided online training is designed for service members and civilians who engage in prevention activities. In this course, participants learn more about how and why to champion prevention.

## ABOUT THE NEWSLETTER

The United States Marine Corps’ Marine & Family Programs Division publishes Prevention in Action each quarter.

The contents of this newsletter are for informational purposes only and not intended to be a substitute for professional medical advice, diagnosis, or treatment.

To access hot links, right-click on link, copy link, and paste it into a browser window.

Visit <https://www.usmc->

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To suggest topics or questions, email [hqmcprevention@usmc.mil](mailto:hqmcprevention@usmc.mil).



## NATURE BOOSTS WELLNESS FOR MARINES AND THEIR FAMILIES

In today's busy world, spending time in nature can be a great way for Marines and their families to reduce stress and improve their well-being.

Whether it's hiking, walking on the beach, or relaxing at a park, nature helps promote relaxation and support both mental and physical health.

Research shows that spending time outside reduces anxiety, improves mood, and encourages physical activity.

Studies have found that being in nature can help clear your mind, reduce stress, and improve focus.

For Marine families facing challenges like deployment and transitions, outdoor activities

provide a chance to reconnect and recharge.

Activities like hiking, exercising outdoors, or family walks can help strengthen bonds and promote well-being.

Nature is also essential for building resilience and supporting Marines in coping with the challenges of military life.

Whether spending time alone outdoors or engaging in family activities, being in nature fosters mental clarity and offers a sense of renewal. It provides a peaceful space for reflection, which can contribute to improved mental health and overall well-being.

Making time to get outside each day, even for just a few minutes, can significantly



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improve your well-being. Nature provides a simple way to relax and stay healthy.

To access outdoor equipment or visit green spaces at your installation, contact the Marine

Corps Community Services [Outdoor Recreation](#) program at your base. Active-duty, veterans, and Gold Star Families also receive free entrance to the [national parks](#).

## Single Marine Programs builds leadership skills and strengthens Marine Corps Total Fitness

Whether you're single, a geographic bachelor, or simply looking for more ways to get involved, the Single Marine Program (SMP) is your chance to lead, give back, and strengthen your connection with your fellow Marines and the community.

### Take the Lead

SMP empowers Marines to take on leadership roles by serving on their local SMP council. Represent your unit, collaborate with SMP staff, and engage with senior leadership—including the installation sergeant major. Your voice matters, and SMP is the platform to shape operational needs for single Marines.

### Make a Real Impact

Your feedback helps drive real change. By participating in SMP, you'll influence decisions that affect housing, recreation, and overall morale.

Be the voice that ensures the needs of



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single Marines are not only heard—but acted on.

### Serve Your Community

SMP is rooted in service. Each year, Marines contribute thousands of volunteer hours through programs like:

- Beach cleanups
- Installation Days of Service
- Local community outreach

Volunteering through SMP provides purpose and strengthens bonds between the Marine Corps and local communities.

### Enjoy Unmatched Activities

Looking to unwind? SMP hosts fun, engaging events like:

- Paintball and sports tournaments
- Deep-sea fishing trips
- BBQs and holiday gatherings
- Group outings

New events are added often—connect with your SMP coordinator or SMP council to stay in the loop.

### Ready to Get Involved?

SMP is your chance to lead, serve, and have fun. Visit your [SMP](#) office to join the council, volunteer, or sign up for upcoming events.

Your involvement makes a difference—for you, your fellow Marines, and your community.

# BUILD YOUR TRIBE WITH MCCS



Marine Corps Community Services (MCCS) and other Marine Corps programs help you build a network of support.

## LEARN. LEAD. LEVEL UP —TOGETHER

Attend workshops as a team:

- Bridging the Generation Gap
- Attitudes and Actions
- Four Lenses
- Real Relationships (including Family Edition)
- Say What? (Communication workshop)
- Bond with colleagues or loved ones while gaining tools to thrive.

## WELLNESS. LEADERSHIP. CAMARADERIE IN ACTION.

Benefits of the [Single Marine Program\(SMP\)](#):

- Become an SMP unit rep: Be a voice for your unit and promote quality of life.
- Join SMP life skills workshops: Grow together—topics include finance, nutrition, and more.
- Volunteer as a team: Give back and build purpose-driven connections.
- Participate in SMP events: Create lasting bonds with peers through shared experiences.

## SUPPORT. STRENGTH. SHARED PURPOSE.

Marine Corps Community Services (MCCS) and other Marine Corps programs help you build a network of support:

- [Operational Stress Control and Readiness \(OSCAR\) Team](#): Seek out fellow Marines trained to help you build Marine Corps Total Fitness and resilience.
- [New Parent Support's Baby Boot Camp](#): Connect with other expecting Marine families and grow your parenting tribe early.



## STRONGER TOGETHER.

Benefits of playing [Intramural Sports](#):

- Find a team: Play in leagues like basketball, flag football, and soccer.
- Relieve stress together: Use sports to sharpen resilience and morale.
- Compete with purpose: Events like Battle of the Barracks build unit pride and unity.



Wherever you are in your journey, your tribe is waiting. Explore [MCCS's](#) Behavioral Health, Personal & Professional Readiness, and Semper Fit opportunities at your local installation.