You can make a big difference in your day

- How does a Soldier successfully navigate the promotion board to achieve the highest rank of their career?
- What makes a department lead resilient in the face of massive organizational change?
- What makes an insecure new supervisor rise to the occasion?

The answer boils down to the way that person navigates and manages their emotions. The Soldier doesn’t let their anxiety take over, but instead uses their adrenaline to move past barriers and ensure they maintain composure. The resilient department lead devotes extra time to stress management and reminds him/herself of all the preparation that has been done for these types of moments. The new supervisor defeats his/her insecurities by breaking down the job into smaller, achievable pieces and not being afraid to ask for advice from more seasoned employees. Emotional agility is the ability to manage your emotions and thoughts in a way that makes you more effective at what you’re doing. In studies across organizations and industries, emotional agility has been shown to reduce stress, increase confidence and resilience, and help people build relationships.

According to researcher and author of the 2016 book Emotional Agility, Dr. Susan David, the key to developing emotional agility is to follow four practices in your thoughts and emotions:

1. **Recognize Your Patterns.** To change a habit, you first need to recognize it. The best starting point is usually the most obvious sign—your behavior.

2. **Label Your Thoughts and Emotions.** Now that you know what is getting in the way of your work, the question becomes why. To think about the “why,” follow a chain of emotions asking yourself why along the way. When you label your emotions, “anxious” or “nervous,” this gets you moving in the right direction, but it was when you arrive at the source of your anxiety that you began to see the bigger pattern.

3. **Accept Your Emotions.** It is so important to actually accept your emotions for what they are. Don’t judge them as good or bad! It is there for a reason. Why is it there? Suppressing them will get you nowhere.

4. **Act on Your Values, Not Your Thoughts.** Values give you a sense of distance from your negative emotions by offering a bigger picture perspective. Identify your five most important values related to decision-making in a crisis, then ask yourself how each of those is relevant to the critical choices you face.
And for your feel good story... **Glitter Gun Arm!!**

Jordan Reeves is just an ordinary 14-year-old girl who has inspired millions of people with her extraordinary “superpower.”

The young inventor from Columbia, Missouri was born with a left arm that stopped developing beyond the elbow. Although some people would look at her under-developed limb as just a disability, Jordan used her condition to launch her superhero alter ego.

When she was 10 years old, Jordan attended a STEM workshop that encouraged kids with disabilities to think creatively about their condition—so with a 3D-printer at her disposal, she designed her own prosthetic arm that could shoot glitter from the tip. Jordan’s invention was so dazzlingly successful, she went on to talk about her horn-shaped “Project Unicorn” prosthetic design on the TEDx stage, Shark Tank, and even The Rachel Ray Show. With each appearance, she hoped that Project Unicorn would encourage other kids to view disabilities as gifts rather than hindrances.

As Project Unicorn gained more traction, Jordan and her mother turned their labor of love into the Born Just Right nonprofit so they could continue advocating for inclusivity. In addition to publishing a book about her experiences in 2019, Jordan and her prosthetic were featured on Episode One of Marvel’s Superhero Project—and earlier this week, she was featured on a new LEGO documentary miniseries that interviews young change-makers from across North America. (By McKinley Corbley - Oct 14, 2020)

**Way to Go, Jordan, and all of the young inventors who see an opportunity to make something great where an adult may see a challenge. DON’T LET ANYTHING STAND IN YOUR WAY!**

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**I decided to start a new section to introduce the team of the newly formed Soldier and Family Readiness Division!!**

**I love how our two organizations were able to join forces and make one great team!**

**So, since this is my newsletter, I guess I have to go first! :-)  

Meet our SFRD Team Member!!**

Hi!! My name is Christine Robinson. I am the Employee Assistance Program Coordinator (EAPC). I have been in this position for 3 years and absolutely love it. My husband, oldest child and I came to the North Country in November 2012 when the Army moved us here. We loved the area so much, we decided to stay after my husband retired in 2015. I have 8 years employment here on Ft Drum with 16 years combined military and civilian service. We now have two children, ages 16 and 7, two dogs, two cats, a fish and a turtle. Plus all the various wildlife that come by. :-)  

I am originally from Montana so I am no stranger to big winters. I prefer the cooler weather to extreme heat. Campfires, sweaters and boots are always preferred. I enjoy time with my family, upcycling rustic furniture or just relaxing with a good movie. I love when we come across a small diner and get to enjoy a local dish. If I had to recommend a place in the area that someone had to visit before they left, it would be to enjoy the Polar Express and Santa’s Workshop at the North Pole in the winter and the amazing waterfalls in the spring/summer.

I would like all to know that the Employee Assistance Program (EAP) is available to everyone, not just Civilian Employees! Civilians, Family Members, Veterans, Retirees and National Guard/Reserve can come see me for short-term counseling or for assistance identifying resources to help them or their family members. I am another resource available to the community when you need someone to listen or a community referral. I can guide you through some stress management techniques so you can be more productive with your day. Come by the Family Resource Center at 11042 Mt. Belvedere Blvd and say Hello!

My motto — Take care of yourself and each other. 😊