



DEC / JAN

SUN	MON	TUE	WED	THU	FRI	SAT
	14	15	16	17	18	19
20	21	22	23	24	25	26
 27	28	 29	30	31	 01	02
03	 04	05	06	 07	08	09
10	11	12	13	 14		

Yellow: Hotlines and Resources

Creative Ways to Thrive During the Holidays

Dec. 14, 2020 – Jan. 14, 2021

Dec. 14 – Check-in with your battle buddy! See how they are doing and what their plans are for the holidays.	Dec. 30 – Spend some quality time with your battle buddy doing your favorite things. Take a picture to remember your time together and post to social media using these tags: #ConnectToProtect, #BeThereUSArmyHawaii, #FeedYourSoul and #OurArmyOhana
Dec. 15 – Visit National Alliance Mental Illness (NAMI), <a href="http://www.namihawaii.org">www.namihawaii.org</a> , for free mental health educational programs and support groups.	Dec. 31 – Happy New Year’s Eve! Send off 2020 with a bang, but make sure you have a plan.
Dec. 16 – Download the WeCare Hawaii app to have key U.S. Army Hawaii resources accessible at your fingertips, 24/7.	Jan. 1 – Happy 2021! Start the New Year off right! Go for a walk or a run.
Dec. 17 – Need to talk to someone? Speak confidentially to a counselor via the Crisis Text Line (text 741741).	Jan. 2 – Snuggle up with your favorite book or magazine for a few hours. Need a book? Check out all the books and e-books Army Hawaii Libraries have available at <a href="https://mwrlibrary.armybiznet.com/">https://mwrlibrary.armybiznet.com/</a> .
Dec. 18 – Share your favorite holiday tradition with someone you care about.	Jan. 3 – Enjoy the sunset at your favorite beach with a small group.
Dec. 19 – Treat yourself to your favorite dessert today.	Jan. 4 – If you or someone you love is struggling with substance abuse issues, help is available. Support for Soldiers is available through Behavioral Health. Family members can call CARES Hawaii at (808) 832-3100 for addiction counseling services.
Dec. 20 – Set your alarm an hour later than usual and catch some extra ZZZs.	Jan. 5 – Connect with the Army Wellness Center at (808) 655-1866 or visit <a href="https://www.tamc.amedd.army.mil/ddhc/wellness.htm">https://www.tamc.amedd.army.mil/ddhc/wellness.htm</a> to set your 2021 health and fitness goals.
Dec. 21 – Welcome winter with aloha style and take a “polar” plunge at the beach.	Jan. 6 – Enjoy a few hours in nature with a hike on one of O’ahu’s many trails.
Dec. 22 – Take a walk in nature today with BOSS - Hike Maunawili Falls. Call (808) 655-1130 or (732) 673-4412 to register or meet at the Tropics at 5:30 a.m.	Jan. 7 – Crisis resources are available through the Veteran Crisis Hotline at (800) 273-8255, option 1.
Dec. 23 – Video chat with your loved ones.	Jan. 8 – Visit <a href="http://militaryonesource.mil">militaryonesource.mil</a> or download the My Military OneSource app to access a multitude of resources and services, including non-medical counseling.
Dec. 24 – Help spread kindness in our community -- pay it forward, give a compliment, hold the door for someone ... you get the idea!	Jan. 9 – Give back to the community by volunteering or help BOSS clean up Nimitz Beach. Meet at the Tropics at 8:15 a.m.
Dec. 25 – Connect with your friends and family, near and far, (COVID safe, of course!) to celebrate.	Jan. 10 – Pique your adventurous side with paintball or another fun activity. Register for BOSS’ Paintball Adventure at (808) 655-1130 or (732) 673-4412. This event is only open for single Soldiers.
Dec. 26 – Have a healthy dinner tonight!	Jan. 11 – Jam out to your favorite album.
Dec. 27 – Take a trip to the beach today; soak up the sunshine and waves.	Jan. 12 – Check in yourself and take a mental health test at Mental Health America Hawaii at <a href="https://screening.mhanational.org/screening-tools?ref=MHAHI">https://screening.mhanational.org/screening-tools?ref=MHAHI</a> .
Dec. 28 – Partake in the FOCUS Bingo Challenge, <a href="https://focusproject.org/sites/default/files/2020-05/FOCUS%20Bingo%20%28002%291%20%28002%29_508.pdf">https://focusproject.org/sites/default/files/2020-05/FOCUS%20Bingo%20%28002%291%20%28002%29_508.pdf</a> , or participate in FOCUS Family Resiliency Training. Call (808) 257-7774.	Jan. 13 – Take an hour for yourself to recharge and do whatever YOU want to do – phone a friend, do some yoga, catch up on your favorite show, etc.
Dec. 29 – Prepare for 2021 by strengthening your resiliency skills; contact a Military and Family Life Counselor at (808) 348-8073.	Jan. 14 – Contact Steven A. Cohen Clinic for counseling services for veterans and military families at <a href="http://www.cohenveteransnetwork.org">www.cohenveteransnetwork.org</a> or (808) 204-4020.

