



NEWSLETTER

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Newsletters and
Updates
&
Be Entered to
Win**

TN National Guard,

We are so glad that you have received our GYB (Guard Your Buddy) Newsletter. The GYB Newsletter will keep you up to date and informed on the latest calendar events, contests and news from GYB....

Want to ensure you will receive the newsletter regularly? Guard Your Buddy would like to encourage each Guard Member to sign up for the "GYB Newsletter". By signing up for the newsletter you will receive communications on topics of interest, entertainment and GYB contests.

Each Tennessee Guard Member that signs up will be eligible for contests and giveaways throughout the year. Your information will not be shared or distributed outside of the Guard Your Buddy program and you may opt out of the newsletter at any time.

Guard Your Buddy is a joint effort by the Tennessee National Guard, The Jason Foundation, Inc., and E4 Health to give the men, women, and families in the Tennessee National Guard anytime, anywhere access to critical life resources, on-demand counseling, and on-call suicide

an
Autographed
Rascal Flatts
package

You must be a TN National Guard member or immediate family to TN Guard member to win.



Download the
GYB App for
Android & iPhone



The "GYB" App gives you anytime access to critical life resources, on-demand counseling and on-call suicide prevention.

Scan with your smartphone for direct access to the **GYB** website.



If you are in crisis & need to talk to a GYB

prevention.

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ENGAGE



Depression: The Misunderstood Diagnosis

Depression is one of the most misunderstood problems we face today. It is a potentially serious issue that is so commonplace, we often take it for granted. Although serious depression has been estimated to afflict 1 out of 5 people at some time during their lives, mild mood disturbance seems to affect all of us. The term is so readily used that we often do an injustice to those



readily used that we often do an injustice to those

Professional
immediately, please
call **855-HELP GYB** or
dial **911**.

For General Inquiries
about "Guard Your Buddy"

Email:

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experiencing true depression. How many times have you heard someone saying that they are "so depressed" because their favorite team lost the big game? Yet we frequently overlook the subtle signs that indicate depression in a loved one or co-worker. Consider the following example.

Mrs. Jones was being interviewed about her husband. "I should have realized that something was wrong when I told Robert how excited I was about the Titans winning the AFC Championship. He turned to me and replied, 'Yeah. But, we'll probably lose in the Super Bowl anyway. So, who cares?' This was not like him. Then the next week he quit his job because he was 'tired of it' and now he is staying home watching TV."

This example of how depression can sometimes affect people is not as unusual as it seems. It tends to sneak up, as it did with Robert Jones, first by altering his views. Negative attitudes, both about self and others, are characteristic of those prone to depression. Depression grew until it completely took over Robert's mood, making everything seem dark and useless. This led to his impulsive decision to quit, one which will later be regretted because depression has altered Robert's judgment as well. If left unchecked, this could lead to marital problems, drug or alcohol abuse, and suicide attempts.

There are several different varieties of depression. Some people experience mood swings that include "highs" as well as the more common "lows". Other people have a less obvious form of depression, characterized by "chronic blues" that don't vary greatly between highs or toward more noticeable lows. Yet this variety of depression can considerably detract from one's quality of life, sometimes leading to "major depressive episodes". Major depression can include any of a number of biological or psychological symptoms and can be so impairing that normal functioning, either at home or at work, becomes impossible.

American business has long felt the consequences of depression at the workplace. According to a recent Gallup poll, managers report that an average of 13% of their employees suffer from depression. They further report that 36% have difficulty concentrating, 35% experience sleep problems, 27% report loss of energy, and 18% have a loss of interest in work. In combination with stress and anxiety, many managers felt that depression contributed to decreased production, lower morale, higher absenteeism, and increased drug and alcohol abuse. The combined costs associated with time lost from work and expenses to treat depression have been estimated in excess of \$16 billion per year.

The good news is that depression is a very treatable disorder. Because there are significant psychological as well as biological components to depression, the best approach often is to combine "talk therapy" or counseling with medication. For many people, however, medication is not necessary. With either approach, you can experience relief in just a few weeks.

Common Symptoms of Depression *

- Persistent sad, anxious or "empty" mood
- Feelings of emptiness or pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities that you once enjoyed, including sex
- Insomnia, early-morning awakening, or oversleeping
- Appetite and/or weight loss or overeating and weight gain
- Decreased energy, fatigue, being "slowed down"
- Thoughts of death or suicide, suicide attempts
- Restlessness, irritability
- Difficulty concentrating, remembering, making decisions
- Persistent physical symptoms that do not

respond to treatment, such as headaches, digestive disorders, and chronic pain

* from the National Institute of Mental Health

Celebrity Ambassadors for The Jason Foundation: Rascal Flatts

Rascal Flatts and the Jason Foundation, Inc. (JFI) are working together to prevent suicide. In June 2010, Rascal Flatts became JFI Celebrity Ambassadors. They are committed to promoting the B1 Project and will participate in public services announcements, public awareness programs, and fundraising.



B1 is a collaborative effort between Rascal Flatts and the Jason Foundation, Inc. to promote suicide awareness and prevention. B1 operates on the following premise:

"Someone you know may need a Battle Buddy - B1."

The main focus of B1 is to educate individuals about the problem of suicide, how to recognize the warning signs of suicidal thoughts, and how to help.

B1 consists of four simple steps:

- *B Aware*: Be aware and understand the problem of suicide within the Army, National Guard and Army Reserve.
- *B Able*: Be able to identify those who may be

struggling with suicidal thoughts.

- *B Prepared to React*: Have an action plan ready in the event someone you know may need help.
- *B1*: Make the pledge to be there for your Battle Buddy.



TN National Guard

Fights Rising Military Suicide Rates

General Max Haston was recently featured in a news story covered by Knoxville's WBIR Channel 10 news station. General Haston discussed the shocking statistics and the TN National Guard's affiliation with The Jason Foundation and E4 Health.

[To read the article and watch the news video featuring General Max Haston, click here.](#)

TN Guard Calendar of Events



EMPLOYMENT ASSISTANCE WORKSHOP (FREE)

Scheduled Events:

11-13 July in Smyrna

12-14 September in Jackson

At the workshop, you can expect to:

- Create a Resume, or update your existing one!
- Learn Effective Job Search techniques.
- Gain Successful Interviewing Skills.
- Learn to convert military skills sets to civilian terminology.
- Meet, and interview with, DOL Career Center representatives.
- Job Fair on the last day of the event.

YOU MUST PRE-REGISTER TO ATTEND.

To pre-register, call the TN ESGR office at 615-313-0752.

STRONG BONDS

Strong Bonds is a unit-based, chaplain-led program which assists commanders in building individual resiliency by strengthening the Army Family. The core mission of the Strong Bonds program is to increase individual Soldier and Family member readiness through relationship education and skills training.

Strong Bonds is conducted in an offsite retreat format in order to maximize the training effect. The retreat or "get away" provides a fun, safe, and secure environment in which to address the impact of relocations, deployments, and military lifestyle stressors.

Scheduled Events:

Strong Bonds for Couples

- 10-12 August in Memphis
- 21-23 September in Nashville

Strong Bonds for Families

- 13-15 July in Kingsport

To register for these the POC is CH Mark Phillips at mark.phillips11@us.army.mil

THE YELLOW RIBBON REINTEGRATION PROGRAM

The Yellow Ribbon Reintegration Program is a DoD-wide effort to promote the well-being of National Guard and Reserve members, their families and communities, by connecting them with resources throughout the deployment cycle. Through Yellow Ribbon events, service members and loved ones connect with local resources before, during, and after deployments.

Reintegration during post-deployment is a critical time for members of the Guard and Reserve, as they often live far from military installations and members of their units. Commanders and leaders play a critical role in assuring that Reserve service members and their families attend Yellow Ribbon events where they can access information on health care, education/training opportunities, financial, and legal benefits. We work closely with works in conjunction with federal partners, including the Small Business Administration and Departments of Labor and Veterans Affairs, to provide up-to-date and relevant information to the members of the all-volunteer force and their families.

Yellow Ribbon Scheduled Events:

Pre Deployment for the 1175th on 23 July in Smyrna
During Deployment for 1-181st on 28 July in Chattanooga
60 Day for 268th MP CO on 28 July in Ripley
30/60 Day combined for 107th AV AOB on 18-19 August in

Smyrna
30/60 Day combined for 230th SIG on 8-9 September in

Nashville
30/60 combined for 913th on 15-16 September in Martin
30/60 Day combined for 230th ENG 22-23 September in Trenton

**Anytime, anywhere access to
Critical Life Resources,
On-Demand Counseling and
On-Call Suicide Prevention.**

Free services to Tennessee National Guard members
and their families provided by:



Tennessee National Guard



The Jason Foundation