



Reflections

From the Chaps ~ May, 2020

ARE YOUR BATTERIES ACTING STRANGE?

For the last several years, it seems my family and I are always trying to figure out which cell phone will work best for us. There are several factors we look at ... model, resolution, camera and so many other things, but one of the most important features most everyone looks at is a cell phone's battery life. In another words, how long will the cell phone operate before having to be recharged. It of course involves several factors, and one of the most important in the phone's battery life is how many "apps" are operating, whether in the foreground, or the "background"! There are some programs out there that can show us how many apps are running, even when we are unaware! All those apps drain the batteries! So here's a question ... **are your batteries acting strange?**

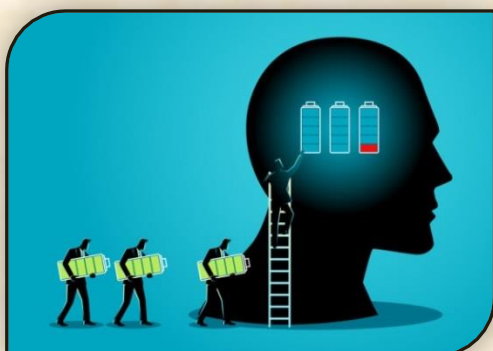


I use this example because I don't think it is much different than our everyday human lives; that our brains operate much in the same way. We think about many things consciously, in the foreground if you will, but our brains are so powerful that they also work hard in the background, unconsciously. When extreme things are happening in our lives, especially those that are far beyond normal, or our control, our brains subconsciously use a great amount of energy to 'think' about scenarios and outcomes, whether real or just 'possible'. This can create a great deal of stress, and battery drain if you will. And while we might think it just taxes our mental energy, the reality is, it affects the other aspects of our lives as well to include our whole body ... the emotional, physical and spiritual.

I am discussing this because I believe more than anything else, we Sailors, while taking care of our families both near and far, need to be cognizant of what we are experiencing with this unprecedented COVID-19 challenge. I will be the very first to say, we have the greatest women and men serving our Navy and Nation, along with their corresponding families. But it is extremely important we know how to take care of ourselves in all situations, especially those we have never encountered before. We are now confronting something that potentially causes more energy (battery) drain, and therefore, we need to do our very best to recharge our batteries in the most efficient and healthy ways! Most of us have access to specialists or information out there that explains how to recharge those batteries, and live in ways that can help us stay healthy and resilient. While following our rules for social distancing, we still need to stay physically active and get out in

the sun. Whether you run, walk or just spend time out in the green and blue, get out and enjoy nature!

Spend time in reading and ingesting good, *positive* information. Worship in your own way with prayer, reading scriptures or worshipping with others online. Most importantly, find your way to stay healthy and maintain your body, mind and spirit. Recharge those batteries that possibly may be draining more rapidly these days because of the situation. Do that and do it not only for yourself, but to encourage others in your life to do the same. Take care Shipmates and may God bless you all ... we WILL get through this!





Food 4 Thought: "If you neglect to recharge a battery, it dies. And if you run full speed ahead without stopping for water, you lose momentum to finish the race." —Oprah Winfrey

A Second Helping: "There is no better way to energize your body, mind and spirit than by taking care of yourself." —Stephanie Tourles

Dessert with a Smile: "The happiness of your life depends upon the quality of your thoughts." —Marcus Aurelius

Back for More: "You have power over your mind - not outside events. Realize this, and you will find strength." —Marcus Aurelius

RESOURCES & OPPORTUNITIES

Your USS JOHN C. STENNIS Religious Ministry Team

Called to Serve  Looking Ahead!



CDR Bill Stewart ~ Cmd Chaplain ~ William.Stewart@cvn74.navy.mil
LCDR Todd DeLaney ~ PA ~ Conrad.DeLaney@cvn74.navy.mil
LCDR Dave Duprey ~ Staff ~ David.Duprey@cvn74.navy.mil
LT Jim Hinkle ~ DIVO ~ James.Hinkle@cvn74.navy.mil
RPC Tim Cambiado ~ DLCPO ~ Timothy.Cambiado@cvn74.navy.mil
RP2 Che'lese Bowman ~ LPO ~ Chelese.Bowman@cvn74.navy.mil
RP3 Bennett ~ RP3 Hogan ~ ABE3 Tyson ~ OS3 Martin ~ SN Horne

Contact us for info or to set up an appointment at: J-7463 or 757-444-3258 or visit us at 03-128-14-L

Note: All communications with any Chaplain or RP is strictly confidential!

Other Care & Emergency Resources

*If you or a dependent has questions or concerns regarding the COVID-19 Virus, call:
NMCP COVID-19 Hotline (24 hours/day) at 757-953-6200*

For Sailors Onboard JCS: Medical ~ 757-444-7966 / J-7424 and Mental Health J-4202

FFSC (Fleet & Family Support Center) ~ 757-444-2102 ~ FFSC@NavStaNorfolk

Military OneSource ~ 1-800-342-9647 ~ www.militaryonesource.mil

American Red Cross for Military (+AMCROSS) ~ 1-877-272-7337

EMERGENCY: Call 911 immediately if you feel there is a life or death situation!

FAMILIES ... DON'T SUFFER IN SILENCE!

If you or your family are struggling, if there is abuse or fear of losing control, please don't suffer in silence ... **Get Help! Call Fleet & Family or contact one of our Family Advocacy Reps below!**

ABECS Oneil Scott, J-6223 / oneil.scott@cvn74.navy.mil or AEC Russell, J-7560 / alieda.russell@cvn74.navy.mil

