



# MILITARY SPOUSE JOBS & VETJOBS

DECEMBER NEWSLETTER





# WELCOME

We are happy you decided to take a look at our monthly VetJobs and Military Spouse Jobs newsletter.

Our goal is to help as many veterans, active-duty service members, and spouses with their career journey. In fact, over 40% of those that work with us stay with us, meaning we continue to help them advance their career a second or even a third time.

We hope you enjoy and obtain valuable information from this publication.

**DEB & DAN KLOEPPEL**  
OWNER & FOUNDERS OF MILITARY  
SPOUSE JOBS & VETJOBS

Here at VetJobs and Military Spouse Jobs, we offer personalized, 1-on-1 job placement assistance, career exploration, and employment training at no cost to job applicants or our employer partners.

Whether you are Active Duty, Reserves, National Guard, or have completed service, (separated or retired) we work with all branches of the military.

All services provided at no-cost.



# The Modern Mom

ALEXANDRA O'NEIL



The end of the year is here. It is about to be very busy for many. Don't stress! Stay calm. It has been another crazy year and we have to finish strong. Here are three simple pieces of advice I have for working moms and, really, anyone for that matter.

## **1. Rein it in:**

You don't need to give every single person you know the perfect gift. "Ain't no shame in the same-gift game!" Find the perfect small gift. Buy a dozen and share with everyone from your cube-neighbor to the newspaper delivery guy.

## **2. Just say 'no':**

I once insisted on attending three holiday parties in one night. That was dumb, and not a lot of fun. Two parties per night, max. Enjoy.

## **3. Only do what brings you joy:**

You want to send a holiday card? Send it. You don't want to send one? Don't. Whatever you do, don't stress and remember only do what brings you joy.

Thanks for reading my "Modern Mom" articles. I hope my pieces have brought help and guidance to all. I look forward to another busy year! Happy Holidays! - Alexandra

# NEW YEAR, A NEW YOU THROUGH NEW LEARNING OPPORTUNITIES

BY DEBBY ADKINS



For many of us, work is rapidly evolving in today's environment and our need to adapt is essential, now more than ever. It is necessary for workers to keep pace in this dynamic environment and the gaps in job skills that may arise.

Do yourself a favor, make time to reflect on the skills you would like to enhance or improve upon. Make a list of goals: to acquire soft skills, hard skills, to attain a certification, or even to earn a badge. Take a career assessment and explore new opportunities. There are a lot of learning pathways for you to move into those high demand, high growth, and high paying jobs that are obtainable right now!

VetJobs SkillsBuild (in partnership with IBM) is one of those learning pathways that are available at no cost to service members, military spouses, and veterans. Inside, SkillsBuild has been highly customized to give you the opportunities to learn, grow, and advance. Online, self-paced, digital learning makes it easily accessible and convenient.

[Click this link to register and get started with this amazing no-cost resource.](#)

There are countless benefits to continuing your knowledge and education. Not only will you become more marketable, both personally and professionally, but you will continue to enrich your life, and nourish your inner self. Give yourself this free gift that keeps on giving. You owe it to yourself. Whatever your situation, I encourage you to hone in on something new to learn and consistently show up for future self. Start with small time increments if need be but start, and always remember, there is no rush. Learning is a lifelong journey.



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## WELLNESS MATTERS TO YOUR CAREER.

One of the major threats to our health and well-being as professionals is stress. It is also an inevitable part of having a demanding job.

However, exercising or having a regular wellness routine can have a significant positive effect on how we deal with stress. After all, self-care is an important component of professionalism.

There are many reasons why wellness is important to your career and, if you learn how to keep your body and mind healthy as a professional, you'll be better prepared to manage your personal wellness as you grow and encounter more and more constraints on your time.





# 7 Tips for Making the Holidays Healthier

*Stephanie Lincoln,  
Founder of Fire Team Whiskey*

## 1. Eat Breakfast:

While you might think it makes sense to save up calories for the big meal, experts say eating a small, high-protein meal in the morning can give you more control over your appetite.

## 2. Healthy Options:

Whether you are hosting the holiday dinner or bringing a few dishes to share, make your recipes healthier! Need some healthy holiday recipes? Go to [THIS LINK](#) and get every single one of the Fire Team Whiskey holiday recipes!

## 3. Police Your Portions:

Fill 3/4 of your plate with protein and veggies. Then the last 1/3 of your plate is reserved for the carby sides and dessert. Don't waste your calories on everyday foods. Fill your plate with holiday favorites that only come around once a year.



## 4. Skip the Seconds:

Instead, create a second plate and place it in the fridge to enjoy later in the week. That way, you don't feel pressured to get a second serving.



## **5. Eat Mindfully:**

Turn off the TV and put your phone down. Put your fork down between bites, and chew and swallow each individual bite before you take the next.

## **6. Go Easy on Alcohol:**

Don't forget those alcohol calories add up quickly. Also, people tend to overeat when inebriated (see *eat mindfully*).

## **7. Be Realistic:**

Just because it's the holidays doesn't mean that your body magically won't experience health damages caused by overconsuming sugar, carbs, calories, and alcohol. These damages last. The holiday season is a time for celebration, and if you follow these tips, you will help ensure your health is not paying for the festivities in the New Year.



# WORK AND WELLNESS

MERRY AND BRIGHT DÉCOR THAT BRINGS CHEER INTO THE NEW YEAR

CRYSTAL MCFADDEN, LPC

Workplaces often try to boost morale around the holidays with workspace decorating challenges. Nearly two years into the pandemic, when some are feeling the over-stretched, burnt out, and aching for relief, this may be or may not be received in the same way it once was. Clearly the intention is to help, but if perceived as “one more ask” despite stress on the term *optional*, the pressure might just be too much.

Here are some ways overwhelmed workers can make the most out of this team-oriented, morale boosting effort and create longer lasting mood-boosting effects:

- Find colors and décor that create a happy vibe beyond traditional holiday themes. (Just because they said “decorate” does not mean everything must be green and red.)
- Add life and light wherever you can. (A plant, ‘happy light,’ or even mild mood-boosting aromas have wellness effects that go beyond end of the year celebrations.)
- Upgrade for a unique, eye-catching organizational or functional workflow tool. (Sometimes showing yourself that you are worthy of proper lighting, seating, or desk accessories can re-energize you from a bit of the exhaustion you may be feeling.)



Employers, here are a few ways to keep (or begin) this optional opportunity without adding a burden to your team:

- Make it silly. Provide one item (mini gingerbread figure, small stocking, branded coffee mug) and encourage the team to incorporate it into their workplace décor. This can be fun, create a targeted challenge for the creativity-deprived, and allow a sense of unity to be formed.
- Providing items like stress balls, light therapy lamps, proper seating or live plants can be considered workplace wellness efforts. Think about funding you've already budgeted for or look for grants that target this particular workforce need in order to support and retain your people.

Boosting mood, embracing the merry and bright fun, and planning to tackle the new year does not need to be a burden. With a little streamlining, you can be both effective and fun this time of year.



# Spending a Lot This Holiday Season? Don't Forget You Have Future Expenses, Too.

As each year comes to a close, we're often focused on the joy of the season and the experience we have together with friends and family – and all the shopping that goes along with it! That makes it a great (and important) time to take inventory of your finances to determine if you can make any improvements to your overall financial picture. It's actually something you should do regularly so that issues requiring your attention can be faced quickly before they cause any real concern.



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**Here are 3 ways to make a strong finish to the current year and a smart start to the new one:**



## 1. Evaluate This Year's Financial Plan Progress.

Did you manage to reach the financial goals you set? If there are long-term financial goals that you missed, consider moving them to next year's plan. If they are still relevant, consider ways you can make sure you achieve them.

## 2. Review Expenses.



Do you have a good idea of how much you spend on a regular basis?

If you keep your receipts, be sure to review them to discover what you're actually spending on housing, food, transportation, clothing, recreation, etc. Make a plan to fine-tune areas where you may have been too frivolous — and consider January 1st a great time to start a new, better spending habit.

### 3. Assess Your Investment Risk Tolerance.

If you've set your financial goals, but lack a strategy to achieve them, you may be missing out on everything you could be achieving. [A simple investment risk tolerance assessment](#) can help determine whether your current plan is appropriate for your situation. Take a look so you can start anew in the new year.

[Read on for 4 more ways to end the year on solid footing.](#)

Your financial security now and in the future is so important to us, it's how AAFMAA's story began in 1879. Today, partnering with organizations like VetJobs enables us to help military families access the resources they need for a full, happy life. [Read more about AAFMAA's partnership with VetJobs and what we're doing together for you.](#)



# Help put veterans and military spouses into jobs while finding the perfect holiday gifts for your loved ones this year!

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**30,000+**

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Total Jobs Available from DirectEmployers, and all Employer Partners.

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