

MSEJ

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*Writers
edition*



MAY EDITION



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For the love of our military community

Military Spouse Month



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Do you want better sleep?

3 Tips to Improve Sleep

Stephanie Lincoln
LMHC, CPT, Army Veteran



Poor sleep is linked to obesity, heart disease, depression, and Type 2 Diabetes, to name just a few. Here are 3 tips that, if done consistently, should help improve your sleep.

#1: NO STRESS.

Don't eat, exercise, consume caffeine or other stimulants, or drink alcohol at least 2 hours before you go to bed. Try not to do anything too stressful 2 hours before bed. Make sure you are well hydrated.

#2: COOL, QUIET, & DARK.

Turn down all the lights in the house to a bare minimum. Draw all blinds/curtains. Do not look at ANY screens an hour before bed. Studies show the best average sleeping temperature is 65 degrees Fahrenheit. If there is noise, wear earplugs or turn on some white noise in your room like a fan or soothing music.

#3: CONSISTENCY.

Get up and go to bed at the same time every day. There is no such thing as "catching up" on sleep. Each night is damage that cannot be undone by "making up for it" with naps or sleeping in. We often sacrifice sleep for work, television, or surfing the internet. None of these things are worth the harm to our health.

Good sleep is crucial to performing at your best.

Train Yourself to Be Competitive in the Workplace



**SPOUSE NATION IS A PREMIER NO-COST
TRAINING PLATFORM FOR OUR NATION'S CAREER-MINDED
MILITARY SPOUSES**

**EXPAND YOUR CAREER HORIZONS WITH OUR WORLD CLASS,
3-TIERED EMPLOYMENT READINESS & CAREER DEVELOPMENT
TRAINING PLATFORM**

**JOB READINESS / EMPLOYMENT TRAINING - CHOOSE
FROM LIVE, IN-PERSON (VIRTUAL), OR SELF-PACED
TRAINING SESSIONS**

**INDUSTRY SKILLS TRAINING + CERTIFICATION &
TECHNICAL TRAINING WITH PARTNER ORGANIZATIONS**



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THE KEY TO EARNING MORE MONEY

AMY ROSSI

The key to earning more money is by demonstrating a higher level of skill in your career of choice. Employers will pay you for your KNOWLEDGE in your Industry Function.

INDUSTRY: An industry is a group of companies, which are related based on their primary business activities.

FUNCTION: The kind of action or activity proper to a person, thing, or institution; the purpose for which something is designed or exists; role. This is commonly searched as an "occupation".

If you are struggling with landing interviews, typically the problem is in your job search plan. If you are looking for direction, we have initiated working sessions for your job search. You can email Trisha Grant at: tgrant@vetjobs.org.



Are you missing out on career opportunities? If so, you might want to examine your Job Search Plan and analyze where improvements can be made. Job searches are a lot like shooting at targets; you have to pick what you are shooting at, aim and fire... then adjust based on your hits and misses.

3 Quick tips to adjust your job search plan:

- Pick your Target - If you are looking to demand a better position or higher salary, you must first be sure of your ideal role, and that you possess the skills to perform that role. So, determine exactly where you want to be, and do a personal evaluation to make sure you're set up for success.
- Aim and Fire - If you have your target picked, you need to "aim" your cover letter, resume, etc. and start "shooting" at some job opportunities. Without sending your information or filling out an application, you will never know if you have your sights set to hit your target. Remember, you miss 100% of the shots you don't take.
- Track your Shots - If you are applying for jobs, it's important to understand what roles you are applying for, what the industry involves, and what you are successful at. Make a tracker and set a time each week to record your progress.

TRANSITION CHECK

Change is uncomfortable. It is normal for us to feel awkward when leaving a situation where everything is familiar and makes sense. It can be a challenge adjusting to new environments, and it often takes us a while before we're truly at ease.

Many who entered service during the time their brain finished forming (between the ages of 18 to 26) feel this shift. This is a time of validation, warning, and encouragement in support of the next phase of our existence. And, many other transition periods await us throughout our lifetimes.

During these times of transition, it can be helpful to keep three checks in mind:

1.) Check your vision - Be realistic, thankful, and creative problem solver. The way we see things working out can often indicate the things we value, and not exact outcomes. Explore your priorities and why you have them. This will help guide you when plans change.

2.) Check your communication channels - Everyone will give you advice, but not all of it is worth following. Take others' motives, expertise, and relevance into consideration before you apply their guidance to your own journey.

3.) Check your steps - Beginning on one path does not keep you from exploring new ones. Do not judge yourself too harshly for pivoting because you've discovered more about yourself, your skills, and family's needs. Plan, adjust, and continue to mindfully look back on those values in #1 and people within your sphere in #2.



Preparing for the hurdles,
prior to tripping over them.

CHECK YOUR VISION

Get clear on the hard fact that there is a path between what you imagine civilian life will and could be and the path you'll actually find yourself walking on. The adventure awaits!



CHECK YOUR COMMS

Who are you talking to?
What are you talking to them about?
Where do they stand in the experience they offer regarding this topic?
Are you expanding your knowledge or reaffirming personal assumptions?

CHECK YOUR STEPS

Any change of season can be challenging. Mitigate stress and maximize momentum by planning the moves that overlap and fuel one another. The less back stepping and overlapping errands, the more clear headed you'll be for key decisions.



THERE'S NEVER TOO MANY QUESTIONS...

asked pre-discharge from military service.
We become RE-active once released and away from the comfort of resources, leaders, and those cheering on your success.

Whether shifting from service life to civilian life, one career path to another, or even adjusting to a new family dynamic – give yourself some peace of mind, and engage in an occasional transition check.

Navigating Life as a Military Spouse

Kim Garner
Army Military Spouse



It's Easter Sunday April 2022, and I sit here writing this article thinking about how far I have come to get here. As a military spouse, you soon learn that you will always be a military spouse, even after retirement. How did I get here? Well, this is where the story begins. In the fall of 2002, I met and fell in love with an Army man from Fort Hood. Being from the Dallas area, it was a long-distance thing, but it was awesome.

As I learned early on, orders can come at anytime, and our fall wedding turned into a July 2003 wedding. He had just received orders to become a drill sergeant. I said goodbye to Texas; left my support system behind; and in November 2003, I called Fort Benning, Georgia home. After a few weeks I found myself alone. He was gone almost 17 hours a day, so I tried to find work.

The interviews didn't come. I sat in our apartment off-post alone with two dogs and cried. I cried a lot. I thought, "What did I get myself into?" I kept saying, "I feel like I've lost my identity. This is horrible! I don't have any support, or friends. Where is the sisterhood they talked about in those books I read?"

Then the worst happened. I had a miscarriage, and my first experience with military health care was awful! I was scared, and everything was a mess. This led me into a deep, dark depression. I knew that there had to be a "better" way, and I

was going to make my own path to find it. Thankfully, a blessing came in the form of our new chaplain's wife. She became a very close friend. She empowered me to use my "whys" and "hows" to get answers and find solutions. I started asking lots of questions and making lots of phone calls. I wanted to be able to know who to call and when things weren't correct. I knew I was going to start my own journey.

My first priority was finding a job. I reached out to every staffing agency around the area to see if they could put me to work. Next, I contacted Fort Benning Community Service, an employment assistance program, which set up an appointment with a counselor. I knew there had to be military friendly employers with job openings. Lastly, I jumped into volunteering on and off post. Volunteering was the beginning of my new journey...

Be on the lookout for next month as Kim explains how she navigated different challenges that came her way as she lived her life as a military spouse.

"What did I get myself into?"

Being Your Own Boss Never Means You Don't Have a Boss

Deb Kloeppe

President & Founder Military Spouse Jobs
and VetJobs, Spouse Nation, MSEJ

We all have bosses throughout our lives. As children, our bosses were our parents, clergy, teachers, babysitters, and older siblings. And thus begins our journey into adulthood in which we decide to either lead, follow, or just get out of the way.

You would be surprised how the third category, the “just get out of the way” people, are actually highly regarded by employers. They get it. They understand that leaders have their backs through the good times and bad. People who know how to get out of the way understand how to continue their work, keep their head down, keep their words civil, and keep their behavior calm - even through storms of stress and struggle caused by others. Give me a “get out the way” person any day. Why? They know how to get out of their OWN way when things spin out of control. They instinctively insulate themselves from group drama.

Followers are often associated with submissiveness or acquiescence and sometimes get a bad rap. Fact is, followership is a critical skill at any level.



Good followers are skilled listeners and follow directions to the letter. They are the detailers of any team and they keep their organizations running like well oiled machines. Followers also ensure compliance with rules and laws, which protect their organizations from harm and theft. This is a BIG deal! Safeguarding physical and intellectual property is absolutely critical in today's business environment. Bottom line: Employees skilled in followership are an organization's most treasured asset. They routinely carry out the organization's mission faithfully and without distraction. They make it all work.

It is very important to know the role you want to play - leading, following or getting out of the way. But know this: all three categories have bosses. Whether that boss is a direct-report person, the IRS, a Board of Directors, shareholders, or clients and customers. You are never truly your own boss.

The only thing you can go solo on in business is minding your own business.

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