

May 2019

Welcome to the MAY edition of the Base Seattle Work-Life Monthly “News Bullets”. See a topic and click on the link or contact the POC to learn more!

- **May is Mental Health Awareness Month** - Hack your immune system and stress resiliency by spending time outdoors! Check out the benefits at <https://www.dec.ny.gov/lands/90720.html>. For more information on resiliency, contact Ms. Kristin Cox at (206) 217-6607 or [kristin.l.cox@uscg.mil](mailto:kristin.l.cox@uscg.mil).
- **mPEAK Mindfulness Performance Training** - Do you want to learn to operate at peak performance, both personally and professionally? Attend the FREE mPEAK course being held June 11-13 in Astoria, OR. For more information or to register, contact Ms. Kristin Cox at (206) 217-6607 or [kristin.l.cox@uscg.mil](mailto:kristin.l.cox@uscg.mil).
- **Spouse Employment during Transfer Season.** Many states offer unemployment compensation to spouses who leave a job for a PCS move. Laws vary by state, research to see how you may qualify for this benefit. Start at our Work-Life site under “Transition Assistance”: <https://www.dcms.uscg.mil/Our-Organization/Director-of-Operational-Logistics-DOL/Bases/Base-Seattle/Transition-Assistance/>. For more information, contact Ms. Heather Miles at (206) 217-6674 or [Heather.m.miles@uscg.mil](mailto:Heather.m.miles@uscg.mil)
- **Support Youth Resilience** - All youth face difficulties, which can range from traumatic losses to everyday disappointments. The ability to cope and recover (or “bounce back”) after a setback is important to their success. “Resilience” is a skill that can be learned at all ages  
[https://www.childwelfare.gov/pubPDFs/resilience\\_ts\\_2019.pdf](https://www.childwelfare.gov/pubPDFs/resilience_ts_2019.pdf). Contact Mr. Troy Olson for more information (206) 217-6612 or [Troy.e.olson@uscg.mil](mailto:Troy.e.olson@uscg.mil)
- **Credit Scores** – What you need to know. Learn more about factors impacting your score and how financial habits change your score for better or worse at <https://usaaef.org/give-yourself-credit/>. To review your credit report and set financial goals, contact Ms. Angela LeMaster at (206) 217-6615 or [angela.d.lemaster@uscg.mil](mailto:angela.d.lemaster@uscg.mil)

V/r,  
Your Work-Life Staff

Work-Life Web Site:  
<http://cglink.uscg.mil/SeattleWorkLife>

Work-Life Web Site From Home:  
<https://www.dcms.uscg.mil/Base-Seattle/Work-Life>