



## Wishing You and Yours a Happy and Safe Holiday

Happy Holidays! We hope that you take the opportunity to spend time with family and friends and enjoy some well-deserved time off during the Holiday Block Leave period. Leaders, talk to your Soldiers and Civilian employees and ask them about their plans for the holidays. Discuss the importance of safe and responsible behaviors and the significance of risk management, both on and off duty.

While the holiday season is often a time for celebration, it can also be stressful, potentially affecting your health. Keep an eye on your social commitments and spending. Embrace the Army's Performance Triad by maintaining a healthy diet, exercising on a regular basis, and ensuring you are getting enough sleep. Stay connected with your battle buddy, friends, and family and reach out if you need help. Look for warning signs of depression in yourself and others and don't be afraid to seek help.

Motor vehicle accidents involving speeding, lack of seat belt use, and drinking and driving remain the primary causes of Army fatalities. Make sure to winterize your car if you are traveling to cold climates. Plan any long distance trips carefully using risk management to assess hazards. Always wear your seat belt and require all of your passengers to do the same. If you are drinking at a holiday celebration, do not drive. If you are hosting a party, do not let anyone who has been drinking get behind the wheel. There are plenty of options including designating a non-drinking driver ahead of time, calling a taxi or ride-hailing service, or calling a sober friend. Be responsible and accountable for your behavior.

Stay safe so you may enjoy the holidays, and take time to reflect on the blessings of the past year. Thank you for all of your hard work and dedication to the MEDCoE mission. We wish you and your Family a safe and happy holiday season.



### Army Medicine Starts Here!



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