

Seek Life! (2016 Campaign)

March: Seek Life – Find Community: Reach out to a church, a club or a social organization and find people to support and who will support you.

April: Seek Life – Eat lean: Concentrate on having only healthy fresh foods and only when you're hungry.

May: Seek Life – Be spontaneous: Stop stifling the positive impulses that can bring variety and interest to your life.

June: Seek Life – Be kind to yourself: Treat yourself as you would a good friend – listen to how you talk to yourself and change the language to positive.

July: Seek Life – Tech free day: Everyone misses the opportunities of life when their head is buried in electronics – go visit the real world!

August: Seek Life – Mindfulness: Be in the moment, observe the moment, live in the moment, and respond to the moment.

September: Seek Life – Laughter Yoga: Your body doesn't know the difference between real laughter and forced laughter, but either way gains great benefits from laughing – so laugh!

October: Seek Life – Breathe deep: Long, deep breaths help with calmness, relaxation and lowering stress. Practice this regularly.

November: Seek Life – Forgive: A grudge is like swallowing poison in an attempt to kill someone else. Forgiveness is not for the sake of the misbehaving person – it is for the sake of the person forgiving.

December: Seek Life – Be flexible: Traditions are nice, but rigidity can turn into a rut. Think of new ways, try new ways, and plan for new ways.

January: Seek Life – Get up and move: Park further away, have a "standing desk", take hourly stretch breaks, take a walk during lunch.

February: Seek Life – Find your purpose: Focus on your primary positive goal, one that would improve your life if you pursued it.

Share Life! (2017 Campaign)

March: Share Life – Pay it Forward! If someone has been kind to you, be kind to someone else.

April: Share Life – Volunteer: Help yourself and a local agency by lending a hand.

May: Share Life – Polite is Right: Consideration for others never goes out of style.

June: Share Life – Get a "helper's high": When you help others, you end up feeling good.

July: Share Life – Lend your ear: Simply being there to listen is sometimes the best way to help.

August: Share Life – Donate: Your giving of money or possessions shows where your heart is.

September: Share Life – Dance: Testify to the goodness of life by your very movements.

October: Share Life – Be positive: Hold onto the affirmative and push storm clouds away.

November: Share Life – Quality Time: The time you spend with others affirms their existence.

December: Share Life – Ease a Burden: Be prepared to be someone's angel by opening a door or assisting the elderly.

January: Share Life – Send "Thank You"s: A hand-written note will brighten a life.

February: Share Life – Compliment today: Focus what you see as good and share it.



“Give Life” Campaign Quick Guide

Seek Life!



1-800-273-TALK (8255)

Information from

the Fort Sill

Suicide Prevention Program

At the

Army Substance Abuse Program

BLDG 3415 Miner Rd.

Telephone: 442-4205 / 1618

For Suicidal Behaviors,

Call 1-800-273-TALK (8255)

Causes of Suicidal Behavior

Suicide is a significant and growing cause of death among Americans. Although there are differences in suicide rates based on such factors as age, gender, and ethnicity, a person from any background can commit suicide, or go through a period of seriously contemplating it.

People considering suicide often have been "worn down" by many stressors and problems. Often they feel hopeless, helpless, and worthless. Actual or expected loss, especially a love relationship, is most often a contributing factor. Financial problems, death of a loved one, health problems can also contribute to suicidal thoughts.

The suicidal person is frequently lonely and without a solid support system. A geographic move, death, or a divorce may deprive an individual of the connection and support they enjoyed. Leaders must remain dedicated to promoting resiliency, coping skills, and help-seeking behavior.

In this light of attempting to prevent suicide, reminders of methods of resiliency may prove to be helpful, which is why the GIVE LIFE campaign was started.

Ever since March of 2015, we have implemented and supported a "GIVE LIFE" Campaign to present common, everyday actions that EVERYONE can take to have positive influence on the lives of people around us.

Mitigating high-risk behaviors, fostering a climate of trust, dignity and respect, maintaining personal readiness, and optimizing performance are all shared responsibilities among Leaders, Soldiers, Army Civilians and Family members.



Campaign details

The three-year "GIVE LIFE" campaign and the ideas it promotes is built from the U.S. Army's suicide prevention's "ASK – CARE – ESCORT" model.

The first year of "Speak Life" reflected "ASK" with the simple idea that everyday communication can help save lives.

The second year, starting in March 2016, of "Seek Life" reflects "CARE" in which individuals look at self-care to save their own lives.

The third year, starting in March 2017, of "Share Life" reflects "ESCORT" in which we look at how to care for others in our communities.

Through this program, Fort Sill is focusing on building and strengthening capabilities to increase and encourage positive behaviors and outcomes, thereby improving morale and esprit de corps.

Every month, the campaign has a new motto which will remind our personnel from every walk of life to take actions that help promote community and camaraderie.

We plan that this "GIVE LIFE" campaign will give everyone ideas and tools to take action give life to themselves, their families and their teams.

These ideas are simple enough to be used by any agency on post to promote the value of their own departments. Roadside signs, unit flyers, Marquee postings and even the Fort Sill Suicide Prevention Page on Facebook will be utilized to get the message out.

Speak Life! (2015 Campaign)

March: Speak Life – Greet each other: Too many times people feel isolated – this helps them to feel community.

April: Speak Life – Ask! Inquiring into someone else's life affirms their existence.

May: Speak Life – Affirm: Noticing what is going right and saying it.

June: Speak Life – Be open: By telling your stories, you give permission for others to tell theirs.

July: Speak Life – Recite your creed: "I am an American soldier..." "I believe in..." helps ground a person.

August: Speak Life - Instruct: Letting people know how things work shows that you're investing in them.

September: Speak Life – Sing! Doesn't matter if you can carry a tune, when you join your voice with others, it makes a great sound.

October: Speak Life - Mentor: One on one investing.

November: Speak Life - Give thanks! Build up your inner life through gratitude.

December: Speak Life – Invite! Offer hospitality to save a life.

January: Speak Life – Sound off! Speak up for the things you approve of; shout out in formations.

February: Speak Life – Confess! Whether it is about your love during Valentine's Day or some past error, find a safe person to tell and get things off your chest.