



934TH AIRLIFT WING

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Prevention Connection: Building a Healthy Community

Inside: National Wellness Month; Purpose-Find it, Live it; The Truth about Failure; Self-Care Mobile Apps

Hello 934th Airlift wing Community! I am Kelly Wilkinson, the Airman & Family Readiness Program Director. The Airman & Family Readiness Program can provide a lot of resources and information regarding multiple topics; Financial Readiness, Transition Assistance, Employment and Deployment Cycle Support.



My hope is to share a nugget of information or a great resource with you on a monthly basis.

Check this out!

The VA has an extensive website full of information to assist in your whole Health Journey. I encourage you to check it out! My Circle of Health is my favorite, section J. Learn about what matters to you!

<https://www.va.gov/wholehealth/>

National Wellness Month by Mike Sanford, VPI

How do you take care of yourself? Or are you like me, taking care of others before taking care of yourself? Throughout the month of August, let's focus on ourselves, our self-care. Research has shown that self-care promotes happiness. Self-care also helps ease and manage stress, which is one of the biggest threats to our overall health. Quite simply, it's good for us.

Here are some simple ways for self-care:

- Drink more water**
- Eat a healthy diet**
- Improve your sleep habits**
- Join a yoga, walking, or aerobics class**
- Meditate**

Find your self-care, your health depends on it.



“If you don't love yourself, nobody will. Not only that, you won't be good at loving anyone else. Loving starts with the self.”

~ Wayne Dyer

Purpose-Find it, Live it by Ch. Jeff Cooper

A couple of days ago while vacationing in Idaho, my wife and I decided to go for a walk along a river in hopes of spotting a moose. Our purpose that morning was to find and photograph a moose. That purpose directed everything we did. It gave us incentive to get out of bed and get to the river. It directed where we would walk, how far, how fast. It determined the equipment we would need and the type of clothes we would wear. We researched and chose a river known for moose. We picked a time of day most likely to find moose on the move. We walked quietly, alertly, eyes scanning the riverbanks both far and near. Purpose determined and drove everything we did and everything we did was directed toward fulfilling our purpose.

That morning walk was a microcosm of our journey in life. Just as our river walk had a purpose, our walk through life needs a purpose. Purpose gives our life direction and meaning. It helps us “choose” what is needed for the journey and sort the essentials from the non-essentials. It guides us in determining priorities. It provides a goal to direct our efforts towards. It establishes boundaries in decision making. Purpose provides a framework through which we live our lives, professionally and personally, privately and publicly. Importantly,
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Purpose-Find it, Live it by Ch. Jeff Cooper

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purpose gives us strength to continue when the going gets rough. It gives us the reason to get back up, to dust ourselves off and continue the journey. Purpose is a vital ingredient for one's life.

A friend of mine recently shared his life's purpose with me. His purpose in life was to glorify God through his work and family life. Everything he did as a manager and as a husband and father was directed toward that purpose. His purpose determined how he managed the business and how he lived as a father and husband. It provided boundaries and a beacon for the decisions he had to make and gave him a reason to persevere during difficult times.

If you haven't done so already, I encourage you to find your purpose and even write it out to keep you focused and on track. Find it, and then live it. By the way, we did see a moose. In fact, we saw a cow with two calves. Purpose accomplished.

“If you can't figure out your purpose, figure out your passion. For your passion will lead you right into your purpose.”

~ Bishop T.D. Jakes

The Truth about Failure by Liz Swanson, SARC

Failure, most people don't enjoy it, some people will go to great lengths to avoid it. Avoiding failure by avoiding risks protects us from this unpleasant experience but at the same time it boxes us in, leaving us to live a very small life. It is no surprise that the fear of failure is linked to things like anxiety, depression, procrastination, or even job and relationship dissatisfaction.

Failure gives us the tools we need to live a fulfilling life. It gives us the opportunity to learn and grow. For example, a "failed" relationship can teach us about ourselves as we reflect on what characteristics in our partner were a good fit with our personality and which were not. In addition, Failure can help us clarify our priorities. For example, getting passed over for a job promotion can either fuel motivation to work harder or it may be a sign that our talents offer more value in a different department. Lastly, failure can help us strengthen our abilities. Signing a wrong note lets us know that there is an area we need to focus on. The more we practice the stronger our voice will become.

Even though we may not welcome failure with anticipation and excitement, it is important to embrace it with open arms. Fail fast, fail smart, and continue to live a fulfilling life.



"Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit."

~Napolean Hill



Self-Care Mobile Apps



www.ptsd.va.gov/appvid/mobile
MobileMentalHealth@va.gov



National Center for
PTSD
POSTTRAUMATIC STRESS DISORDER

Mobile mental health apps from the National Center for PTSD were developed for Veterans and Service members with PTSD and related concerns. **These apps can be used by anyone to support recovery**, including people who are in treatment as well as those who are not. The apps feature coping tools, educational readings, self-assessments, and links to support. There are also companion websites with extra content as noted below; these websites are independent of the apps and offer another way to access the information. All of the apps are free, secure, and easy to use.



PTSD Coach supports the self-management of posttraumatic stress disorder (PTSD). The app may be used alone or in combination with the website PTSD Coach Online (www.ptsd.va.gov/apps/ptsdcoachonline/).



PTSD Family Coach is for partners, family members, and other loved ones of individuals who may be experiencing posttraumatic stress disorder (PTSD). This standalone app also contains support tools for caregiving.



AIMS for Anger Management is an app for anyone with anger problems. It may be used alone, or in combination with the Anger and Irritability Management Skills online self-help course (www.veterantraining.va.gov/aims/).



Beyond MST is for individuals who experienced military sexual trauma, or MST. The app can help with coping, learning more about recovery from MST, and tracking progress over time.



Couples Coach was created for partners who want to improve their relationship and explore new ways to connect.



COVID Coach was created for everyone, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic. Check out "30 days of self-care with COVID Coach," a guide to help make self-care a part of your daily life: <https://tinyurl.com/30daysofCOVIDCoach>



Insomnia Coach supports the self-management of insomnia. It can be used alone or in combination with the website Path to Better Sleep (www.veterantraining.va.gov/insomnia/).

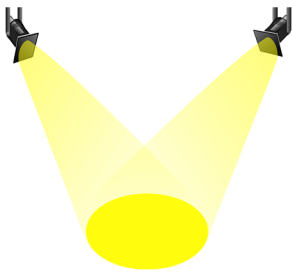


Mindfulness Coach is designed to support independent mindfulness practice. The app also contains information about mindfulness and PTSD symptoms, increasing resilience and self-awareness, improving emotional balance, and building positive skills.



VetChange is an app for anyone who is concerned about their drinking and PTSD. The app may be used alone or in combination with the VetChange website (www.ptsd.va.gov/apps/change/).





Resource Spotlight

Inspector General (713-1298) (UTA Only). Provides varied problem-solving assistance. Investigates allegations of inappropriate conduct, Fraud, Waste & Abuse (FWA). If you have a concern and are unsure if you should file a complaint, contact the local IG office for guidance. Anyone (military and civilian) can file a FWA complaint. It is recommended the prescribed grievance channels and/or the chain of command be utilized as the first course of action for perceived violations.

Prevention Partners/Response:

Violence Prevention: 713-1159

Sexual Assault Response Coordinator:
713-1315

Director of Psychological Health:
713-1224

Airman & Family Readiness: 713-1516

Personal Financial Counselor:
612-297-2826

Chaplain Corp: 713-1226

Equal Opportunity: 713-1221

Exercise Physiologist: 713-1472

Security Forces (BDOC): 713-1101

Military One Source: 1-800-342-9647

DoD Safe Helpline: 1-877-995-5247

Suicide Prevention Lifeline:
1-800-273-8255

National Domestic Violence Hotline:
1-800-799-7233

National Human Trafficking Resource
Center: 1-888-373-7888

Self Care Strategy—Add this to your Tool Box!



RESILIENCE

Values Based Goals

- Goals that are values-based are those that are meaningful to you.
- They provide a sense of purpose and meaning. They ensure you are pursuing YOUR goals, not the expectations of others. They help us prioritize what is important.

Values Based Goals help us find opportunities to live our values.

1. Define your values (what do you stand for)?
2. Live your values by charting your course: What will you do to live that value in the next 24 hours? 2 weeks? 3 months?
3. What is your plan for overcoming potential challenges?
4. Revisit your plan as needed.