



934TH AIRLIFT WING

**August 2022
Volume 4 Issue 8**

Prevention Connection: Building a Healthier Community

Inside: Happiness Happens Month, What Do You Believe?, and The Importance of Family

What does a vacation in America mean to you? Does it mean going on a road trip? Maybe to the Florida Keys, or maybe it's to the Boston Harbor, or to the great mountains of Colorado? Or maybe it's simply camping at one of Minnesota's 10,000 lakes?

American Adventures Month simply implies vacationing in America and enjoying it's beauty. It was founded by American Adventurer Peter Kulkula with the idea that we should explore the vast landscapes of America. There's more than 400 national forests and state parks, in addition to the hundreds of wilderness areas.

We all need a vacation once in a while to relieve the stress that accumulates. Taking a trip outdoors brings about creativity, endurance, play and cohesiveness within you and your family. No need to travel to a foreign country, to get that next thrill. In America, you can take a road trip, explore the waters, or hike in the forest. The month of August is essentially the last chance of summer to take advantage of adventure. So take some time and enjoy what America has to offer. And if you need gear or equipment, visit our Outdoor Rec as they have a lot available to rent.

Special points of interest:

For more information on exploring America go to:

<https://travel.usnews.com/gallery/50-american-adventures-in-50-states>

<https://934thservices.com/outdoor-recreation/>

https://www.dnr.state.mn.us/state_parks/index.html

Happiness Happens Month by Eric Neal

Happiness Happens Month is celebrated in August. According to National Today, Happiness Happens is an organization that was started by the Secret Society of Happy People founded by Pamela Gail Johnson in August of 1998 to embrace happiness in all forms. This group intended to create a positive environment by encouraging members to share joyful stories and moments they cherished the most. Hearing the happy stories made the members see a positive side to everything, which added recognition of their own experiences that gave them happiness.

In addition to the history of Happiness Happens organization, National Today shares why they love Happiness Happens month, including: the world needs more happy people, happy people are healthier, and happiness is contagious. They also share five facts about happiness: 1) pets make you happy by the brain's release of dopamine, 2) surrounding yourself with greenery improves overall life satisfaction, 3) regular exercise increases confidence and helps cope with stress and anxiety, 4) if you breathe and focus it will be easier to throw away unhappy thoughts, and 5) happiness is not the same for everyone because each person has different and diverse life experiences. They've also recommended ways to celebrate Happiness Happens Month that includes volunteering in the community, doing something for somebody such as giving a compliment or a nice surprise, or spending a day with yourself doing what you like focusing on gratitude.

Applying the suggestions provided by National Review is a great way to focus on our own happiness, as well as the happiness of those around us. I can definitely identify with their suggestions. I can confirm seeing my happy dog always makes me happy. Days I get to workout as much as I like are better than days that are limited. Being around people that make me laugh or watching things that make me laugh on television always makes me happier. I also agree that volunteering to help other people makes you feel good about yourself elevating your own happiness. I hope all of you will embrace Happiness Happens Month by focusing on doing things that make you and your loved ones happy.

Source: <http://nationaltoday.com/happiness-happens-month/>

What Do You Believe? by Ch. Brokenshire

King Solomon in Ecclesiastes 3 wrote, “There is a time for everything, and a season for every activity under heaven...a time to tear down and a time to build...a time to tear and a time to mend.” Indeed, we have times in our lives when we are compelled to act according to the situation and there are times to tear down and other times to build and to mend.

This is true in life and it is true even in religion. The word “religion” gets a bad rap from religious extremism on the one hand and empty ritual on the other. Richard Dawkins wrote, “Religion flies planes into buildings, science flies rockets to the moon.” As a great rebuttal, Professor Michael Ward responded, “Religion gave us Mother Teresa but science gave us mustard gas.” The idea of religion is to bring people of similar beliefs together. Professor Ward claims that the opposite of this is analysis, which means to loosen up.

Both the together and the loosening are important for the health of the Church. Just as a faulty car engine at times needs to be dismantled so that it can be repaired or a child’s toy need to be taken apart to put new batteries in, so there have been times where our belief system needs to be fixed of a major problem. The key is that we don’t leave the loosened loose. As a parent and an unskilled mechanic, I have often made things worse by dismantling without the skill of putting back together.

It is important in each of our faith journeys to spend time analyzing what we believe and why we believe it. I remember a story of a family having a dinner with ham as the main course. Four generations were gathered and it was the first time for the young woman to prepare the ham. She cut off large chunks from the sides of the ham and put it in the oven. Her little daughter asked why she cut the ham. She simply said that it was how she was taught by her mother. Her mother was in the other room so she asked her why she was taught to cut off the sides of the ham. She also responded that she didn’t know, that it was how she had been taught by her mother. She asked her mother, who was in the next room why they cut off the sides of the ham before baking. The old woman responded, “my oven was too small and it was the only way it would fit.”

There are times where we need to analyze why we do what we do and why we believe what we believe. But too often, people lose the grounding that faith gives them. When the ships of our lives have no ballast, we are tossed about during the storms of life. I love what Professor Dallas Willard once said, “Believe your beliefs and doubt your doubts just as you have believed your doubts and doubted your beliefs.”

What season are you in in your faith? Is it a time for examining your beliefs and discovering what you believe, or are you rooted and grounded and ready to grow? The chapel team is always ready to come alongside you no matter what you are going through.

The Importance of Family by Mike Sanford, VPI

Being that Family Day is upon us, I did a search on Google Scholar to see what I could find about families. I typed in “the importance of families”. There were over 6.5 million hits. Families are important in all aspects of our lives (i.e. social environment, education, workplace, cultural assimilation, health and caregiving, our mental and emotional state). Our family IS our main support structure. Our families also help by teaching us about life. They teach us how to express our emotions, build our self-esteem, financial independence, connection and relationships, and on and on.

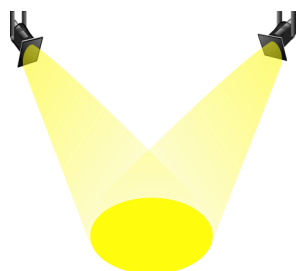
Throughout my studies (and experiences), I’ve realized family is probably the single most important system to our well-being. We cannot survive without family, biological or otherwise. From the moment we’re born, we need and rely on a caregiver. We need caregivers to provide us love, nurture, communication, and nutrition. If we don’t have those caregivers, we either die or we fail to thrive. This continues as we grow and develop. During our adolescent and teen years, we need our family to guide us in the right direction. If not, the path we lead can be self-destructive.

As we celebrate our families, let’s realize the importance and impact they have on us. The support they provide us is priceless. Think about a family member or someone you consider family and thank them for the support they provide not only for the day-to-day support, but also for supporting the military. We could not do what we do without them. While you’re at it, thank someone who helped put together Family Day 2022. It takes a lot of work from a lot of different agencies. Enjoy!

**“Call it a clan, call it a network,
call it a tribe, call it a family:
Whatever you call it, whoever
you are, you need one.”**

~ Jane Howard





Resource Spotlight

Employer Support of the Guard Reserve (1-800-336-4590)—ESGR is a Department of Defense program that develops and promotes supportive work environments for Service members in the Reserve Components through outreach, recognition, and educational opportunities that increase awareness of applicable laws. It also provides assistance in resolving conflicts between the Service members and their employers. If you feel you have a conflict or potential conflict issue, or if you would like to recognize your employer, visit <https://esgr.mil> or call.

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 Corps: 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!

Celebrate Good News—What do you do when you have good news to share? Do you find someone who is super excited for you? How does that make you feel?

Celebrate Good News is a resilience skill that strengthens and helps maintain important relationships. Whenever someone shares good news with you, help them celebrate by: asking questions, being authentic and engaged, and showing enthusiastic support and interest. Avoid responding by squashing (only pointing out the negativity of the news), shutting down (responding with low energy or being distracted), or stealing (focusing only on yourself).

This skill is like putting money in the bank, it strengthens relationships. It's not necessarily about the news but about the person. Help them savor the moment.



RESILIENCE