

Prevention Connection

VOLUME 1, ISSUE 10

DECEMBER 2019

December is Stress-Free Family Holidays Month, National Drunk and Drugged Driving Prevention Month, Safe Toys and Gifts Awareness Month, Resilience Skill: Celebrate Good News

Celebrate Good News is a resilience skill that helps build, strengthen, and maintain important relationships. It helps boost positive emotions for both you and the person you support during this skill. The premise behind Celebrate Good News is to provide a positive constructive response to someone who comes to you with good news.

There are responses that deflate positive feelings and are harmful to relationships. Here are three of them: 1) squash—pointing out problems or providing negative feedback, 2) shut down—responding with low energy, or showing that you don't care that much about what's shared, or maybe being distracted, and 3) steal—when you put the focus on yourself or you ignore the event.

The skill of Celebrate Good News involves improving positive emotions by asking questions, showing enthusiastic support and interest, being authentic, and being engaged and interested. This skill helps support those who might be struggling or is experiencing added stress. How you respond to good news will determine if they come to you in the future when they need someone to talk to. Some key points about this skill:

- It's not necessarily about the news... it's about the person.
- It helps the other person savor the moment versus deflating it.
- If you are concerned about the news or the news is something dangerous, think about having conversation A, and then conversation B.
- It provides a gateway conversation—if they can trust with celebrating good news, then they may also trust you when they need to talk to you about something more difficult.

Celebrating Good News:
Money in the Bank



Celebrating good news is like putting money in the bank. Your relationship will build over time, and can withstand the occasional time when you respond negatively. So remember the next time someone comes to you with good news... celebrate!



RESILIENCE

Give, It's Good for You!

by Ch. Cooper

"It is more blessed to give than to receive"

~ Holy Bible

*'Tis the
Season
of
Giving*

Wow! It seems like we went from Jack-o-Lanterns to Christmas lights overnight. I'm not sure what happened to Thanksgiving, but here we are. Christmas is generally a time of celebration and joy. However, it can also be a time of pain. For all of us, the season probably includes some of both. Thankfully, the very spirit of giving that Christmas evokes actually promotes our sense of joy, and lessens our pain.

Research from multiple universities and institutions prove there are significant mental, emotional and physical benefits to giving. Here are some of their conclusions: Giving money to someone else increases the givers' happiness more than spending it on themselves. Charitable giving activates parts of the brain associated with pleasure.

Giving has been linked to improved health even for the chronically ill. Studies even show that regular volunteering (giving of time and practical help) increases the life expectancy of the elderly. Additional research suggests that a giving lifestyle decreases stress by lowering blood pressure.

Giving also enhances social connections which decrease loneliness; one of the major causes of holiday depression. Most often giving will have a reciprocal effect. Give, and others will give back. This promotes trusting and cooperative relationships, strengthening social bonds. Just the act of giving draws giver and receiver closer together.

Giving promotes gratitude, a key contributor to personal happiness. This is true for both the giver and the recipient. When gratitude is expressed through giving, and the receiver responds with gratitude, the relationship is strengthened, positivity is boosted and kindness is reinforced.

Finally, giving has a ripple effect, causing others to practice generosity. It has been demonstrated that this effect can extend to three degrees (person to person to person to person). As this generosity spreads, entire communities (squadrons, wings) can be impacted. As community generosity rises, so too does its happiness.

May the blessings of giving be yours this season.

Wishing you and yours a Merry Christmas.

"No one has ever become poor by giving."

~ Anne Frank

According to the American Psychological Association, stress costs the U.S. \$300 billion every year. Stress results in “accidents, absenteeism, employee turnover, diminished productivity, and direct medical, legal, and insurance costs”. In addition, chronic stress can actually change the way the brain works.

Source: <https://www.apa.org/pi/health-disparities/resources/stress-report.pdf>

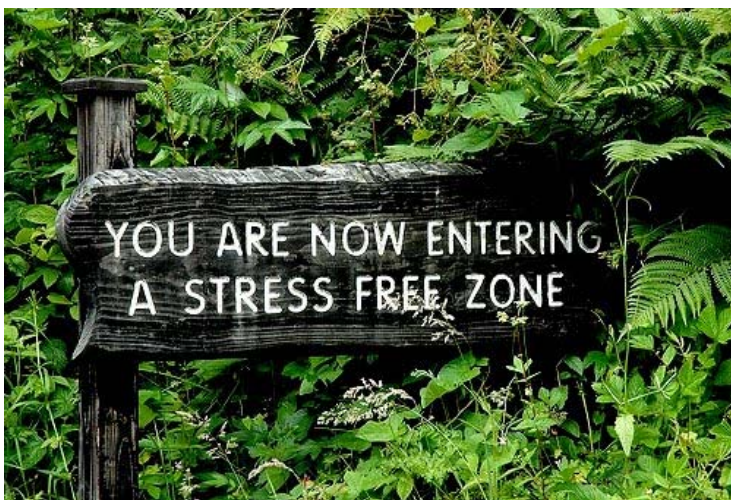


Stress is something we can't avoid. It's a normal psychological and physical reaction to life events. We all face adversity now and then, which makes managing stress important. In order to manage stress you need to identify your stress triggers. According to the Mayo Clinic, think about what makes you feel angry, tense, worried, or irritable? Or what might cause a headache or upset stomach without a medical reason. In reality, a change in life (positive and negative) can cause stress.

Once you've identified the triggers, think about strategies to overcome them. Here are simple methods to use:

1. Practices such as yoga, tai chi, meditation, deep-breathing, or being in nature.
2. Talk with a family member or friend to get support.
3. Get a message, listen to music, watch a comedy, or set aside time for yourself.
4. Maintain a healthy lifestyle, such as eating a healthy diet, exercise regularly, and get enough sleep.
5. Make a conscious effort to limit screen time.

Source: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/basics/stress-relief/hlv-20049495>



“Don’t underestimate the value of Doing Nothing, of just going along, listening to all the things you can’t hear, and not bothering.”

~ Winnie the Pooh

Did you know:

1. Adults drank too much and drove about 121 million times per year—that's over 300,000 incidents of drinking and driving per day, yet only 3200 are arrested.
2. Almost half of all drivers who were killed in crashes and tested positive for drugs also had alcohol in their system.
3. The rate of drunk driving is highest among 26-29 year olds.
4. Every two minutes, a person is injured in a drunk driving crash.
5. Every day in America, another 30 people die as a result of drunk driving crashes. That's one person every 48 minutes.
6. Drunk driving costs the United States \$132 billion a year, that's over \$500 per person per year.
7. About one in seven teens binge drinks, yet only 1 in 100 parents believe his or her teen binge drinks.
8. More than a third of teens mistakenly believe they drive better under the influence of marijuana.
9. Over 40% of all 10th graders drink alcohol.
10. On average, two in three people will be involved in a drunk driving crash in their lifetime.
11. An average drunk driver has driven drunk over 80 times before their first arrest.
12. Only time will sober a person up. Drinking strong coffee, exercising, or taking a cold shower will not help.

Source: <https://www.madd.org/statistics/>

“One reason I don't drink is that I want to know when I am having a good time.”

~ Lady Astor



Last year, the U.S. Consumer Product Safety Commission issued a report stating there were an estimated 251,700 toy-related injuries treated in U.S. hospital emergency departments, 44% were estimated injuries were to the head and face area.



Source: https://www.preventblindness.org/sites/default/files/national/news_releases/SafeToys2019National.pdf

According to the CPSC, of the 251,700 estimated toy-related, emergency department –treated injuries, an estimated:

- ☐ 184,000 (73 percent) happened to children younger than 15 years of age;
- ☐ 174,300 (69 percent) occurred to children 12 years of age or younger;
- ☐ 89,800 (36 percent) happened to children younger than 5 years of age

Prevent Blindness, the nation's oldest non-profit eye health organization, recommends the following when purchasing toys and/or sports equipment:

- Ensure the toy is right for the child's ability and age. Consider whether other smaller children may in the home and may have access to the toy.
- Avoid purchasing toys with sharp or rigid points, spikes, rods, or dangerous edges.
- Buy toys that will withstand impact and not break into dangerous shards.
- Read all warnings and instructions on the box.
- Only buy sunglasses that provide a clear statement about how much UV radiation is blocked. The label should clearly state the sunglasses block 99-100% of UV rays.

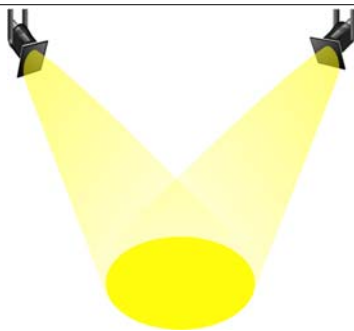
More information on safe toys and the use of proper eye equipment can be found at:

www.preventblindness.org/safe-toy-checklist

www.preventblindness.org/recommended-sports-eye-protectors

Additional Information/Resources

Resource Spotlight



Personal Financial Counselor— (612) 297-2826

email:

pfc.minneapolis.usafr@zeiders.com

Personal financial management is the most important aspect to any person's wealth. Anyone who wishes to be financially independent, must follow simple principles. Anyone can be financially independent through careful planning and management. To learn more about these basic principles, debt management, and investments (including 401K, 403B, and TSP), contact Jay Brunkhorst, CFP.

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

SFS (BDOC): 713-1101/1102

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

APP* Spotlight and Self Care Strategy—Add this to your Tool Box!



The EveryDollar© app is a budget planner and expense tracker tool that anyone can use. EveryDollar© follows the zero-based budget approach recommended by Dave Ramsey, a top personal money-management expert. You can create daily and monthly budgets and track your expenses to manage and save money.

Some of the key features include: creating a customizable daily or monthly budget, access your budget planner through the app or desktop browser, adjust your budget throughout the month, and using TouchID to keep your account secure.

EveryDollar© also gives you the ability to see what you've spent throughout the month, the ability to set up a budget within minutes, split expenses across multiple budget items, and features to set reminders. The app also has in-app purchases as well as a Plus feature that allows you to connect with your bank.

***The DOD and Air Force does not endorse any organization or product listed.**