



934TH AIRLIFT WING

**December 2021
Volume 3 Issue 12**

Prevention Connection: Building a Healthier Community

Inside: The Most Wonderful Time of the Year?, You ARE Irreplaceable, What is Your Therapy?, Retrain Your Brain

Every year, the month of December brings hope and a sense of renewal. It marks the end of one year, with new beginnings into the next. For many, it is also a beacon of hope and prosperity.

Our hope is that you find happiness in whatever you choose, as happiness is a decision we all can make. Rather than stressing on the negative, look for the good in every situation you encounter. This is one of our simple tricks or tools we teach in our resilience program. That is, the skill of gratitude.



Finding gratitude helps us counteract the negativity bias, it helps us discover and develop new skills, and it improves our performance. But most importantly, it makes us feel good.

We encourage you to find your happiness or rather choose your happiness, it will change your life!

From the Resilience Team to Yours, we hope you take the time to celebrate this holiday season and be happy.

Special points of interest:

For more information on positive psychology go to:

<https://ppc.sas.upenn.edu/>

<https://positivepsychology.com/>

<https://www.pursuit-of-happiness.org/science-of-happiness/>

The Most Wonderful Time of the Year?

by Ch. Brokenshire

Many of us can identify with Andy Williams song about this holiday season, “It’s the Most Wonderful Time of the Year.” We love the spiritual significance of this season, spending more time with family, eating great food, marveling at elaborate light displays, and presents. But for many, it is the most difficult time of the year. Many people have lost loved ones in this past year and there will be an empty spot at the table. For others, suppressed loneliness becomes unavoidable as they see nothing but joy in everybody else. Many people struggle financially during and after the holiday season, spending more than they should.

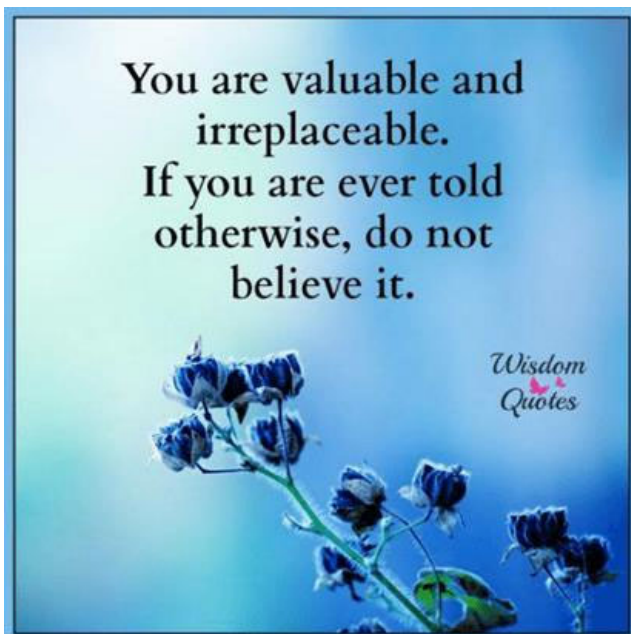
So what can we do if we aren’t feeling merry and bright during this season and how do we help others who are struggling?

1. **Realistic Expectations**-Many people feel pressure to do everything perfectly from baking to decorating to attending every event. Allow yourself to focus on a few things that bring you joy. Acknowledge the pain you feel and don’t feel guilty if you aren’t feeling the holiday joy.
2. **Share the Struggle**-We are not meant to walk through dark times alone. Everyone doesn’t need to know all of our problems, but finding a few trustworthy people to share our struggles with is crucial. Force yourself to not isolate completely from others. If you don’t know where to turn, come to the chapel and have a cup of coffee with the chaplain. We have many helping agencies available to us depending on your specific struggle.
3. **Serve Others**-The best way I know to bring fulfillment and meaning to our lives is to help others. Not only does it turn the focus off of our struggles, but it also reminds you that you are not alone in your struggles. Helping others gives us joy. I love the inspiring true story of Santa Claus/Saint Nicholas. After the parents of young Nicholas died, he spent his inheritance giving others hope and dedicated his life to generous living.

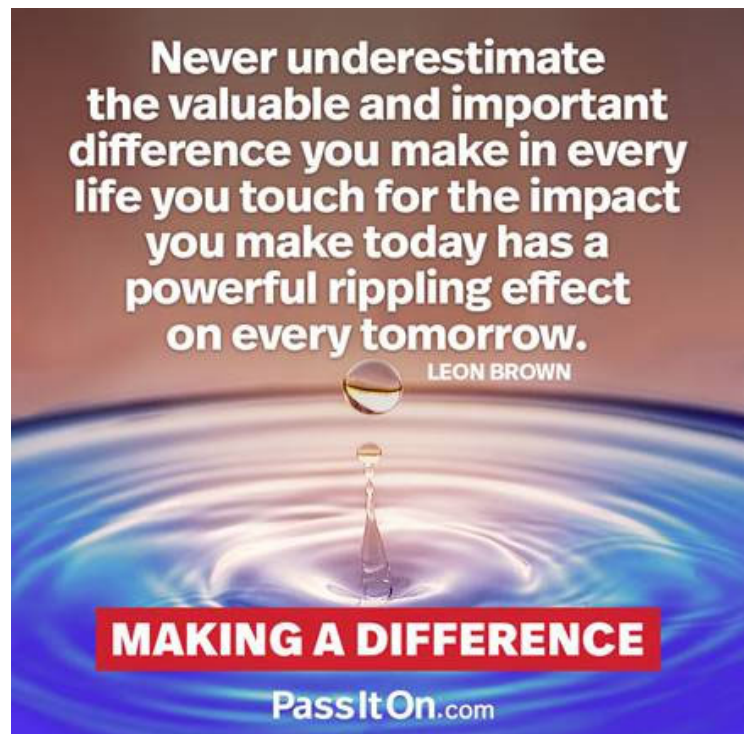
Though these are the darkest days of the year, they are also the days with the most lights. In the midst of despair, may you find hope and light that shines in the darkness and show that light to others who struggle. For those feeling loss of a loved one, spend time remembering. Tell stories and share memories. For those struggling financially, seek helping resources available and sign up for virtual Financial Peace University starting in January. For the lonely, remind them that they aren’t alone. Let us work together so that this can be the most wonderful time of the year for all of our Global Vikings.

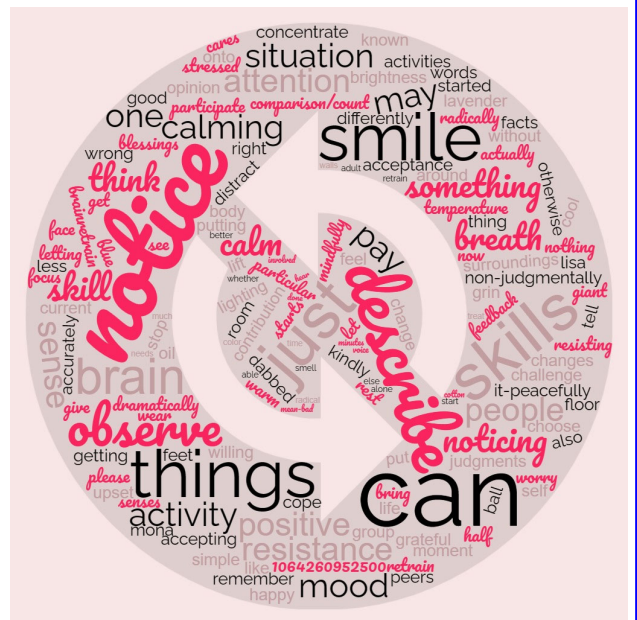
You ARE Irreplaceable! by Kelly Wilkinson, A&FR

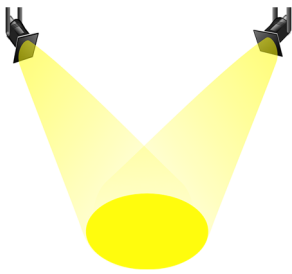
Have you ever been told, “You are Replaceable”? I remember being told this numerous times throughout my Air Force career. It seemed it was used as a way to motivate productivity and remind us all that we can and will be replaced at any time. However, in reality it most likely only created fear and chipped away at our own self-worth. To some degree it may be a truthful statement, which there is most likely someone ready to fill your shoes and continue on where you may have left off. The problem is it doesn’t speak this truth...that each and every one of us is valuable! There may be many people out there like you and like me but no one is exactly the same. You are rare and unique. Remember, you bring something so special that no one else can. You may do things differently based on how you learned the skills you have mastered. Don’t sell yourself short...you are valuable and irreplaceable because there will never be anyone just like you. You can make a difference in your own way and because of that truth...you are irreplaceable!



www.wisdomquotes4u.com







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

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—will:

- Strengthens and maintains important relationships.

How to use the skill:

1. When someone shares good news, help them celebrate by:

- ⇒ Asking questions—It shows genuine interest.
- ⇒ Being authentic and engaged—Put the phone away!
- ⇒ Showing enthusiastic support and interest—Show excitement!

2. Avoid:

- ⇒ Squashing—Points out problems or provides negative feedback.
- ⇒ Shutting down or being disengaged—Responds with low energy or doesn't care.
- ⇒ Stealing—Focuses on oneself and ignores the event (a one-upper).



RESILIENCE