



934TH AIRLIFT WING

**February 2022
Volume 4 Issue 2**

Prevention Connection: Building a Healthier Community

Inside: Eat Smart, Move More!; Countering Greed and Envy with Gratitude; Retrain Your Brain; Upcoming Webinars on Mental Health and Wellness

Stay Resilient by Taking Care of Your Heart

by Eric Neal, EP

February is Heart Awareness Month. Taking good care of the heart is vital for being physically resilient. If you want to stay physically resilient, you must be aware of your heart health. One good way to stay on top of this is to keep regular track of your blood pressure. Hypertension is known as the silent killer. Only 1 in 4 people with hypertension are controlling it. Awareness of hypertension is the first step and treating it is next. In addition to receiving medication to control hypertension or taking the steps to avoid medication, you must have a plan in place. Physical activity, healthy eating, sleep, and stress reduction are great ways to make the improvements. Reduced caffeine, reduced alcohol consumption, and tobacco cessation are additional steps that can be taken. In addition to your regular workout, the addition of yoga and meditation could be useful as well for stress reduction. Listed below are more resources that can help you become more resilient by taking care of your heart.

Special points of interest:

For more information on Heart Health go to:

<https://www.cdc.gov/heartdisease/index.htm>

<https://www.cdc.gov/chronicdisease/resources/infographic/hearthealth.htm>



Eat Smart, Move More!

Building healthy habits doesn't happen overnight, but **making small changes every day can make a big difference for your heart and brain health.** Eating a healthy diet, maintaining a healthy weight, and getting enough physical activity can help you lower your risk for heart disease and stroke.

This calendar can help you reach your healthy eating and physical activity goals one step at a time. Here are some ideas to get you started and some space for you to fill in your own goals. Don't forget to celebrate the big AND small wins—you got this!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Experiment with a new heart-healthy recipe, like these oven-baked sweet potatoes. https://bit.ly/2JioEwG		Find small ways to get active throughout the day. Take the stairs, or power walk during your lunch break! http://bit.ly/2mQagPK			Headed to the grocery store? Check food labels for the amount of sodium per serving, and see if there are low/no sodium options available. http://bit.ly/2GcPqDw
Try mapping out your meals for the week. Planning ahead can help you stick to a healthy eating lifestyle! http://bit.ly/2sXyKUo		Instead of dining out, cook meals at home and pack leftovers to help cut back on sodium. These Brussels sprouts would make the perfect side! http://bit.ly/2memcbY		Simple swaps can make your meals and snacks healthier. Go for veggies with hummus instead of chips and dip. http://bit.ly/3t0TF9u		
	Power through your day with smart snacking. Bring sliced apples or bell peppers to satisfy your cravings. http://bit.ly/2iPRnGM		Some of the saltiest foods may not even taste salty. Watch out for the top sources of sodium in your diet. http://bit.ly/2ccVH3a			Move a little more every day. Track your physical activities for the week—even vacuuming and gardening could count! http://bit.ly/2HVe8dg
		Add flavor without the salt. Try a new spice or herb, like paprika or thyme. https://bit.ly/3eE20Mz		Rethink your drink. Instead of soda or sweetened juices, try flavoring your water with cucumbers or lemons. http://bit.ly/2k5WunQ	Ordering from a restaurant? Split your meal with a friend or family member to lower your sodium intake. http://bit.ly/2aXvxIR	

Additional resources

- [Recipes for a Heart-Healthy Lifestyle](#) (Million Hearts®)
- [Sodium Reduction](#) (CDC)
- [Healthy Eating for a Healthy Weight](#) (CDC)
- [DASH Eating Plan](#) (NHLBI)
- [Healthy Eating Tools](#) (MyPlate)
- [Move Your Way](#) (HHS)



Countering Greed and Envy with Gratitude by Ch. Len Brokenshire

With the Winter Olympics coming soon, I'm looking forward to being inspired by the stories of athletes who sacrifice for greatness. I love the stories of adversity and hard work. I love the stories of the underdogs who somehow make it onto the podium. Perhaps, most of all, I love the stories of sportsmanship and those who demonstrate character that goes beyond the Olympic "games." A few years ago, there was a story from cross-country skiing. Russian skier Anton Gafarov was considered an early medal favorite coming into the race but struggled considerably after breaking a ski. After crashing twice near the finish line, his ski was falling apart. The top layer of the ski made up of P-Tex wrapped around his foot as he dragged himself to the finish line. As an athlete representing the host nation, this was certainly not the finish that he dreamed about.

Just as all hope seemed lost for Gafarov, former Team USA skier and current Team Canada ski coach Justin Wadsworth decided to take action. Wadsworth had compassion on the Russian as he struggled and said, "I wanted him to have dignity as he crossed the finish line." Wadsworth ran out onto the course with an extra ski in hand, got down on his knees and removed the broken ski from Gafarov and replaced it with his own ski. The Russian skier quickly hurried away to finish the race with the dignity. I'm inspired by this compassion and although I love competition and the feeling of excitement after a hard-fought victory, I realize that it is a fading joy.

Not only do we see greatness displayed in the Olympics, we also see the worst in people. Greed and envy are ever present in the games. While greed causes athletes to cheat, envy shows itself in sore losers. This is true in the Olympics and in our own lives.

Greed comes from a place of feeling like you deserve more than you have. Knowing how hard you work yet feeling like you don't have enough to show for that work causes greed to fester. Greed lives under the delusion that if we only had this or that, then we would be content. Once we acquire the coveted object, we quickly move on to the
(Continued on next page.)

"Acknowledging the good that you already have in your life is the foundation for all abundance."

~ Eckhart Tolle



Upcoming Webinars on Mental Health and Wellness

The Eight Dimensions of Wellness: How to Develop and Maintain a Wellness Plan

Back by popular demand, join the Minnesota Suicide Prevention Taskforce, Intervention Subcommittee for a 1-hour repeat session to explore a holistic approach to mental health and wellness. During this session learn how to create and use a wellness plan. Wellness plans provide evidence-based benefits that can help assess a person's current mental health and wellbeing, as well as set goals for how to improve and maintain overall wellness.

Tuesday, February 22, 2022, from 6:30 p.m. - 7:30 p.m.

To register, please copy and paste into your browser:

https://www.eventbrite.com/e/eight-dimensions-of-wellness-how-to-develop-and-maintain-a-wellness-plan-tickets-250183023157?utm_source=eventbrite&utm_medium=email&utm_campaign=post_publish&utm_content=shortLinkNewEmail

Thursday, February 24, 2022, from 11:00a.m. - 12:00 p.m.

To register, please copy and paste into your browser:

https://www.eventbrite.com/e/eight-dimensions-of-wellness-how-to-develop-and-maintain-a-wellness-plan-tickets-250201759197?utm_source=eventbrite&utm_medium=email&utm_campaign=post_publish&utm_content=shortLinkNewEmail

If you have any questions, please contact Kelly Felton at Kelly.Felton@state.mn.us or Jenilee Telander at Jenilee.Telander@state.mn.us

FREE Youth Mental Health First Aid Training

The MN Department of Education is offering FREE Youth Mental Health First Aid training. Please see the dates and contact information below if you are interested in participating.

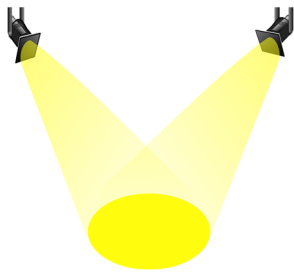
We are hosting two training sessions in the next several weeks: one on February 15 – February 17 and another on February 28 – March 2. Both trainings run from 8:30 AM to 5:00 PM CST each day. In order to attend, the participant also has approximately 8 hours of pre-work to complete before receiving access to the training login information. We are offering the training free of charge to attendees.

POC: Emily Denight Kelly, MPH, CHES

Project AWARE Lead Trainer

Emily.denight.kelly@state.mn.us

(651) 582-8701



Resource Spotlight

Defense Finance and Accounting Service (DFAS) - dfas.mil

DFAS pays all DoD military and civilian personnel, retirees and annuitants, as well as major DoD contractors and vendors. Anything having to deal with pay and finance, including military, retired military, DoD civilian employees and contractors.

Service Members: 1-888-332-7411

Retired Military: 1-800-321-1080

AF Civilian Employees: 1-800-729-3277

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!

Physical Resilience—Strengthening Attention and Focus

Strong physical resilience and wellbeing: improves productivity, increases energy, sharpens focus and attention, and enhances mood

Physical and mental resilience are interconnected and compliment each other. When physical resilience increases, your mental resilience increases and vice versa. Ask yourself: are you satisfied with your physical health? What would you like to work on? Nutrition? Exercise? Sleep? Use values-based goal setting to strengthen your physical resilience.



RESILIENCE