



934TH AIRLIFT WING

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Prevention Connection: Building a Healthier Community

Inside: International Boost Self Esteem Month, Thoughts on Relationships, Consent is Everywhere, Teen Dating Violence

Have you ever heard a story of a couple who had been together for several years, even decades, suddenly dies within days or even hours of each other? Some consider this as true love. (Although those who survive years longer after their partner's death does not mean they were not in love.) This is sometimes called broken heart syndrome. In the cardiovascular world, it's known as stress cardiomyopathy, which occurs when someone experiences sudden acute stress that rapidly weakens the heart (Wittstein, 2023). Sudden stress, like the death of a loved one, can cause broken heart syndrome, which can be a life-threatening problem. However, people can also recover if treated correctly.

February is American Heart Month. This is an opportunity for us to focus our attention on ways to promote and maintain a healthy heart. Now's the time to learn the facts about heart disease and how you can help prevent it. Heart disease is the number one killer of both men and women. It can happen to anyone, but the risk increases with age. Know the risks; obesity, lack of exercise, poor diet, and a lack of sleep. Stay on top of it! Stay heart healthy!

Source

Wittstein, I. (2023). Broken Heart Syndrome. Retrieved Jan 30, 2023, from <https://www.hopkinsmedicine.org/health/conditions-and-diseases/broken-heart-syndrome>

Special points of interest:

For more information on heart health go to:

https://www.cdc.gov/heartdisease/american_heart_month.htm

<https://www.nhlbi.nih.gov/education/american-heart-month>

<https://theheartfoundation.org/heart-health-month/>

International Boost Self Esteem Month by Eric Neal

February is International Boost Self Esteem Month. Boosting Self-Esteem is a very important topic that has a tremendous impact on preventing mental health disorders and improving our overall health and state of well-being (National Today, 2023). Self-esteem is generally defined as “an individual’s subjective evaluation of their worth” (National Today, 2023, n.p.).

Now that I have defined self-esteem and why it’s important, you might ask yourself “how I do boost my self-esteem?” Nationaltoday.com (2023) provides three ways to observe International Boost Self Esteem Month, five facts that will intrigue you, and why it is important. I will share with you one from each topic: (1) build habits that will promote self-improvement, (2) physical exercise can boost self-esteem, and (3) boosting self-esteem promotes health and well-being (National Today, 2023).

I think each area I chose for the three topics are interconnected just like physical health is to mental health. One good habit that can be formed towards self-improvement is starting a physical exercise program (1). It not only improves our physical health, but also our mental health by way of increasing endorphins that boosts our mood and improves our self-esteem (2) through positive changes to physical appearance. Improvements to self-esteem also positively impacts our friends, family, and co-workers by creating an environment towards being resilient, essentially promoting health and well-being (3).

The good news is that wherever your self-esteem is, you can always improve. Regardless of what you may think, you’ve had several past accomplishments. Improving self-esteem starts with remembering those accomplishments, which helps boost the endorphins that every human needs to survive.

Source:

National Today (2023). *International Boost Self Esteem Month—February 2023*. Retrieved January 19, 2023 from <https://nationaltoday.com/international-boost-self-esteem-month/>

"Always remember you are braver than you believe, stronger than you seem, and smarter than you think."

~ Christopher Robin

Thoughts on Relationships



"The ability to love yourself improves your ability to be loved.

We are unlikely to accept a relationship that is worse than the one we have with ourselves, and thus the person who is happy and comfortable with themselves is in a great position.

The person with healthy self-esteem doesn't have to jump into any relationship because they already have a great one wherever they go."

~ James Clear, author



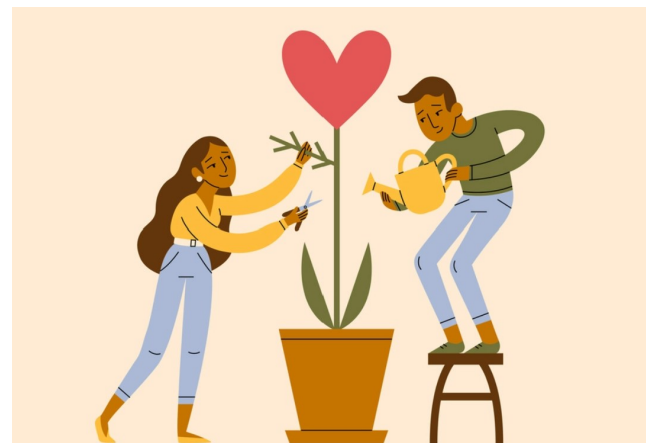
"When we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better too."



~ Paulo Coelho

"All successful relationships require some work. They don't just happen, or maintain themselves. They exist and thrive when the parties involved take the risk of sharing what it is that's going on in their minds and hearts. Open communication and honesty are key."

-Unknown



Consent is Everywhere by Chayo Smith

Recently, my family and I road tripped to Milwaukee to drop my oldest at school for Spring semester. Each kid is the DJ, and I get to drive the 5.5 hours to their music. We listen to pretty much anything, from John Denver, LL Cool Jay, Taylor Swift, to Metallica. I do get weary of Taylor Swift's lyrics, I cannot lie. But it was my son's reaction to Robin Thicke's one hit wonder "Blurred Lines" that surprised me.

He asked his sister to skip it and move to the next song. "It's not cool," he said.

"Yeah, no. It's horrible," she agreed. "But the beat is amazing; the melody, minus the words, is lit." I can't argue with decent musical production, but the lyrics are elementary.

My son was adamant. "It's not respectful, he sings about hurting her, he doesn't ask for consent, he calls her a B-word, it's gross. Change it...MOM?!"

The word "Mom" is my cue. "He's right. If you two can't agree it goes off." Saved, by the old, "if we can't agree to play, we sit in silence".

It got me thinking about how I have oversimplified consent in SAPR Training. I've boiled it down to asking someone in the room if I could have a drink of their water bottle. Some members have said yes and some no. But there are nuances to everything.

The google box yields 5,300,000,000 results in 0.38 seconds for the word "consent". It is a noun, "no change can be made to the contract without the consent of all parties". It is a verb, "he consented to a search of his office".

Did you also know there are four types of consent? Wikipedia states, "Types of consent include implied consent, express consent, informed consent and unanimous consent." *Continued on next page.*

Consent is Everywhere by Chayo Smith

Continued from previous page. Implied consent is consent inferred from a person's actions and the facts and circumstances of a particular situation (or in some cases, by a person's silence or inaction). If you play forward in a hockey game you've implied consent to being hip checked into the boards. An expression of consent is unmistakably stated and either verbally or orally implied. A family care plan and power of attorney must be signed and reviewed by our JA. In filing those documents, we give consent to another to care for our children during military duties; we consent for some other person to receive our remains.

Informed consent is consent given by a person who has a clear appreciation and understanding of the facts, implications, and future consequences of an action. In the doctor's office, we give consent to release medical records to the ASTS.

Unanimous consent, also called general consent, is consent given by all parties. All Alphabet board members consented to a 20-to-1 margin stock split June of 2022, Google stock is now much cheaper.

In SAPR, we teach consent should be given **FREELY**, it is **REVERSIBLE**, it is **INFORMED**, it is **Enthusiastic**, and it is **Specific**. **FRIES**. There is an noticeable heaviness in the room. No one seems to want to talk about it, from a facilitator's point of view the audience doesn't look very engaged. And while most of the world thinks asking for consent is a drag, I think consent can be creative and add a layer of respect and communication to that relationship, that's what I tell my kids.

Circling back to my kids and the car ride, I could only handle so much of Taylor Swift singing about Karma. I asked my son to DJ; he cued Engelbert Humperdink's, "Quando? Quando? Quando?"

When is respectful consent going to be norm, tell me quando, quando, quando?

Consent is Everywhere by Chayo Smith

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Resources about consent that are reasonably funny and logical, they are shorter YouTube videos and don't take much time: If you are really hankering for books and material, swing by the SAPR office or give us a call at 612-713-1315.

Cup of Tea

<https://www.youtube.com/watch?v=pZwvrxVavnQ>

A New Metaphor for Sex

https://www.youtube.com/watch?v=ACr_9FzvWSU

Talking to kids about consent resources:

A Bear Explains Touch and Consent

<https://www.youtube.com/watch?v=1wOqcU79Rh8>

Everyday Consent

<https://www.youtube.com/watch?v=LO3i1EJE6DI>

“The best and most beautiful things in the world cannot be seen or even touched—they must be felt with the heart.”

~ Helen Keller



Teen Dating Violence by Mike Sanford, VPI

This month, we place emphasis on teen dating violence (TDV). This form of violence includes physical violence, sexual violence, psychological abuse, and/or stalking, which can occur online or in-person. According to a survey conducted by the CDC, approximately 1 in 12 high school students reported experiencing physical dating violence and/or sexual dating violence (CDC, 2022). In addition, approximately 26% of women and 15% of men experienced intimate partner violence for the first time before age 18 (CDC, 2022).

Some believe certain behaviors like teasing or name-calling are a “normal” part of growing up during the teen years. In reality, “these behaviors can become abusive and develop into serious forms of violence” (CDC, 2022, n.p.). Behaviors such as these are considered an Adverse Childhood Experience (ACE), which are traumatic events that happen to us as a child. ACEs impact us negatively as an adult both mentally (i.e. depression, anxiety, suicide, drug abuse) and physically (i.e. obesity, heart disease, cancer) (CDC, 2021).

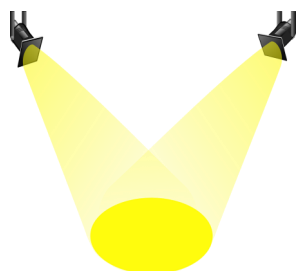
To help overcome TDV, Military OneSource (MOS) created a fact sheet to help military members and their dependents. MOS (2021) suggests the following: 1) model healthy relationships by having honest communication, 2) talk with teens about giving and receiving respect, specifically in relationships, 3) teach teens to use social media and other electronic formats responsibly, 4) connect teens with various resources, such as base agencies or sites such as loveisrespect.org or thatsnotcool.com. As with all forms of violence it’s important that we speak up or report it when needed. If we decrease TDV, we decrease the number of ACEs one has, which in turn decreases the number of people requiring mental health services and/or medical services.

Sources:

CDC (2022). *Fast Facts: Preventing Teen Dating Violence*. Retrieved Jan 30, 2023, from <https://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html>.

CDC (2021). *Adverse Childhood Experiences (ACEs): Preventing Early Trauma to Improve Adult Health*. Retrieved Jan 30, 2023, from <https://www.cdc.gov/vitalsigns/aces/index.html#:~:text=ACEs%20can%20include%20violence%20C%20abuse,and%20substance%20misuse%20in%20adulthood>.

Military OneSource (2021). *Preventing Teen Dating Violence*. Retrieved Jan 30, 2023, from <https://download.militaryonesource.mil/12038/For%20Review/mcftp-teen-dating-violence.pdf>.



Resource Spotlight

The National Dating Abuse Helpline 1-866-331-9474

A service of Love is Respect, this national, 24-hour resource is specifically designed for teens and young adults. The Helpline is accessible by phone or online chat and offers real-time, one-on-one support from peer advocates trained to offer support, information, and advocacy to those involved in dating abuse relationships as well as concerned friends, parents, teachers, clergy, law enforcement, and service providers.

Prevention Partners/Response:

Violence Prevention: 713-1159

Sexual Assault Response Coordinator:
713-1315

Director of Psychological Health:
713-1224

Military & 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

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



The Mindfulness© app has over 400 guided meditations and courses from experts around the world. There are options for beginners to experts. Meditations are 3-99 minutes and consist of the inclusion of background sounds such as forest, rain, waves, etc. The app also has sleep stories, as well as reminders and daily notices for you to remain mindful throughout the day. The app also saves your meditation sessions to your Apple Health App. There are also in-app purchases.

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