



934TH AIRLIFT WING

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Prevention Connection: Building a Healthier Community

Inside: Altitude and Attitude, Goal Setting, and Retrain Your Brain

Make Resilience Part of Your New Year's Resolution by Eric Neal

It's 2022 now and resolutions are being made and some already broken. Some resolutions are renewed from the past while others are new. My resolutions happen to be goals that become re-inspired based on the tradition. I find myself making resolutions in regards to body composition and money management, which are actually very similar as money made is calories burned and money spent in calories consumed. Today I would like convince you to make your resolution become a goal that means something to you using SMART principles and habits of resilience to achieve the best possible version of you now and going forward throughout your lifetime.

If you are making a goal that doesn't mean anything to you, good chances are the goal will not be achieved. After developing goals that are meaningful to you, it is important that you use the SMART principles (specific, measurable, attainable, realistic, and time based). These principles are what change the vagueness of a resolution into a goal that will require a plan.

Any time you make a plan, you'll want to know where you are (assessment), where you want to be (vision), and how you will get there (plan). Once you have short term and long term goals that can be measured, that are attainable, realistic, and time based that mean something to you, resilience will crucial in keeping you going strong. *(Continued on next page)*

Special points of interest:

For more information on Resilience go to:

<https://www.apa.org/topics/resilience>

<https://www.mayoclinic.org/tests-procedures/resilience-training/in-depth/resilience/art-20046311>

<https://ppc.sas.upenn.edu/resilience-programs/resilience-skill-set>

Make Resilience Part of Your New Year's Resolution by Eric Neal

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There are many habits that can be formed towards being resilient. I recommend the following: physical activity, good nutrition, adequate quality sleep, positive thinking, finding good role models, and attitude. Physical activity, good nutrition, and adequate quality sleep will enhance your physical resilience and positive thinking will enhance mental resilience. Increased physical resilience will improve mental resilience and improved mental resilience will also enhance physical resilience. Finding good role models is a great way to become socially resilient. Mimicking the behavior of successful people with hard work ethic and high levels of knowledge such as parents, coaches, or high ranking military figures will pave your road to success. Last and certainly not least, having the right attitude will make you spiritually resilient. Knowing there's a light at the end of the tunnel when things get hard, giving your best effort, and chipping away at your goals one block at a time while celebrating the good times will bring forth a great attitude.

A very resilient man known for the movie *Attitude Adjustment*, John Cena goes by Hustle, Loyalty, Respect, and Never Give Up. His character portrays what it means to be resilient and his real life story serves as a good example being resilient as he went from scrubbing toilets at a gym and joining pizza eating contests for free food to being a movie star and one of the most decorated WWE superstars of all time by being resilient. I hope this year you will change your resolution to a long term goal making resilience the goal or part of the plan towards achieving the goal.

**“Every morning we
are born again. What
we do today is what
matters most.**

~ Buddha



Altitude and Attitude by Ch. Cooper

While visiting family in Arizona for Christmas I decided to take advantage of the warm weather and do some running. I wasn't down the trail very far before my lungs reminded me I was running at 4600 feet. As my breathing got harder and my pulse quickened I considered shortening my run. However, after a minute of breathless contemplation I determined to run the distance I had planned, regardless of altitude. So I slowed down to a manageable pace and finished the run. I was overly-winded, but satisfied with my accomplishment.

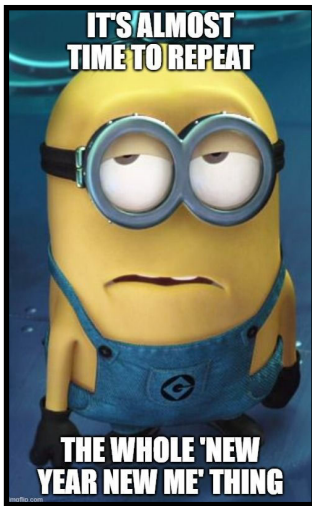
As I ran, I thought about the altitude and my attitude towards it. The altitude was beyond my control; I could not change it. If I was going to run, it would be at 4600 feet. On the other hand, my attitude was within my control. I could embrace the altitude as a challenge. Or I could grudgingly continue, wanting only to get it over with. I could enjoy the elements around me-the warm sunshine and mountains. Or I could allow the pain to dominate my thoughts. I could be frustrated by the slower pace, or I could enjoy the sense of accomplishment waiting me. I couldn't choose the altitude, but I could choose my attitude.

As we run the trail of life we can't choose when the mountains will come or how high they will be. We can't control the altitude. But we can control how we will face them and traverse them. One of my favorite ministers, Chuck Swindoll, wrote: "We have a choice every day regarding the attitude we will embrace for the day. Life is 10% what happens to us and 90% how we react to it. Our attitude is everything."

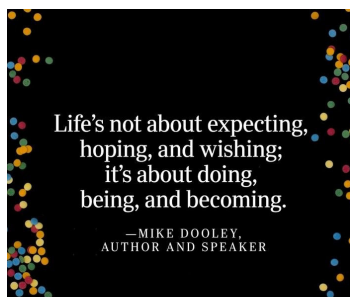
Joseph, from the Old Testament Scriptures, is a good example of this truth. Sold as a teenager into slavery by his brothers, he would eventually be appointed as the second highest ranking official in Egypt. Years later when his brothers encounter him in this position they fear for their lives thinking that he will take revenge on them. Instead, having a deep faith in God and trusting in His providence (spiritual pillar), he told his brothers that what they intended for harm God used for good.

We don't know what the altitude of 2022 will be, but with an attitude like Joseph's we can run at any elevation. We can't control the altitude, but we can control our attitude.

Goal Setting



For better or for worse, our society has labeled January as the month where we answer the call of our inner self-help guru and make changes that improve the quality of our lives. Whether you subscribe to the idea of New Years Resolutions or not, January offers us an opportunity to talk about goal setting. As you may have guessed, there is a lot of information out there on this topic and below is some of the highlights from James Clear, author of Atomic Habits.

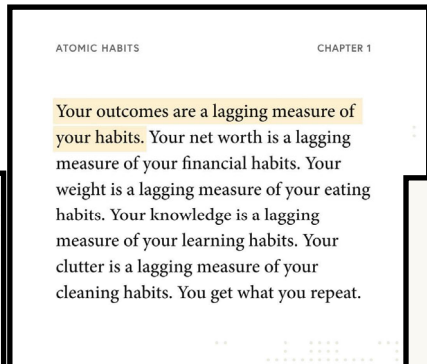


—MIKE DOOLEY,
AUTHOR AND SPEAKER

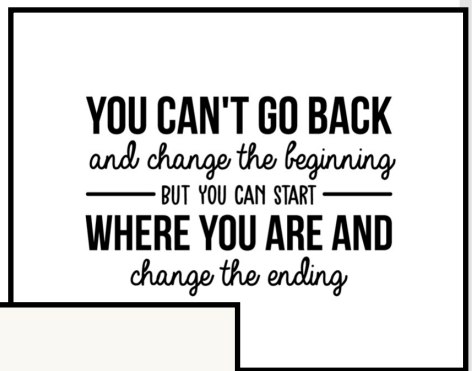


Learn more at [JAMESCLEAR.COM](https://jamesclear.com)

Why Set Goals?



Read more at [ATOMICHABITS.COM](https://atomichabits.com)



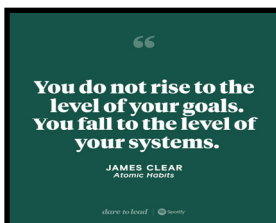
Sign up at [JAMESCLEAR.COM/3-2-1](https://jamesclear.com/3-2-1)

Tips for Setting Lasting Goals

Every action requires a certain amount of energy. The more energy required, the less likely it is to occur. If your goal is to do a hundred push-ups per day, that's a lot of energy! In the beginning, when you're motivated and excited, you can muster the strength to get started. But after a few days, such a massive effort feels exhausting. Meanwhile, sticking to the habit of doing one push-up per day requires almost no energy to get started. And the less energy a habit requires, the more likely it is to occur.

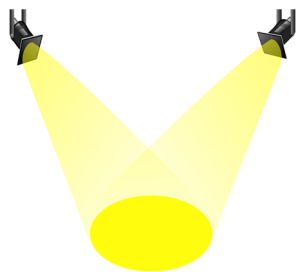
1. Start Small: small changes add up!

2. Make it routine, don't relay on motivation/will power



"The bad days are more important than the good days. If you write or exercise or meditate or cook when you don't feel like it, then you maintain the habit. And if you maintain the habit, then all you need is time."

3. Showing up is more important than doing it right



Resource Spotlight

National Human Trafficking

Hotline: 1-888-373-7888

Text 233733

<http://humantraffickinghotline.org>

Human Trafficking is a form of modern-day slavery. This crime occurs when a trafficker uses force, fraud or coercion to control another person for the purpose of engaging in commercial sex acts or soliciting labor or services against his/her will. Force, fraud, or coercion need not be present of the individual engaging in commercial sex is under 18 years of age.

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!

Mindfulness—will: 1) help you stay present and engaged. 2) improve focus and the ability to focus on what's important. 3) help you stay calm so you can take action during stressful times.

How to use the skill:

- ⇒ Practice mindfulness by focusing on one thing, with purpose.
 - ⇒ Find a formal mindfulness practice to help you turn off autopilot (e.g. focus on three things around you or your breathing).
 - ⇒ When you have trouble focusing or are feeling stressed.
1. Pause. Count three deep breaths.
 2. Observe your thoughts and feelings, without judging them.
 3. Ask: What is most important right now?
 4. Then, once you feel more calm, take purposeful action.



RESILIENCE