



934TH AIRLIFT WING

**June 2023
Volume 5 Issue 6**

Prevention Connection: Building a Healthier Community

Inside: How to be a Great Boss Without Losing Your Humanity; Alzheimer's Awareness; The Relationship Between Masculinity and Mental Health; Great Outdoors Month

Anytime you attend one of our suicide prevention trainings, you'll hear us talk about time-based prevention. There's research that shows those who have thoughts of suicide and have a plan, typically don't have a plan B. They have a plan A but no plan B. Likewise, there's research that shows 25-30% of all suicides are completed impulsively, meaning the person ends their life within the first five minutes of having that impulsive thought. The premise behind time-based prevention (which has been proven) is that if you place a barrier to slow down that plan A and get them past that five minutes, the chances of the person surviving increases exponentially. Hence, the reason we have SLO (Safes, Locks, and Outside the home). If the firearm (which accounts for 70% of all AF suicides) is locked with a gun lock, stored in a safe, or given to a trusted individual the chances of survival increases.

For National Gun Violence Awareness Month, we take this time to place emphasis on gun safety. According to the Pew Research Center, there were more than 48,000 people in this country who died by a firearm in 2021, that's about 131 each day. Males account for about 86% of all firearm deaths. In addition, analysis of over 2800 incidents between 2015 and 2022 conducted by the advocacy group Everytown for Gun Safety shows that a child is injured or killed accidentally each day by another child. In addition, in 2022, there were 158 children who died by an accidental shooting. Everytown estimates 5.4 million children are living in homes with at least one loaded and unlocked gun.

If you have firearms, like many of us do, please lock them properly. The Violence Prevention office has gun locks available upon your request at 612-713-1159.

Special points of interest:

For more information on gun safety go to:

<https://www.cdc.gov/violenceprevention/firearms/index.html>

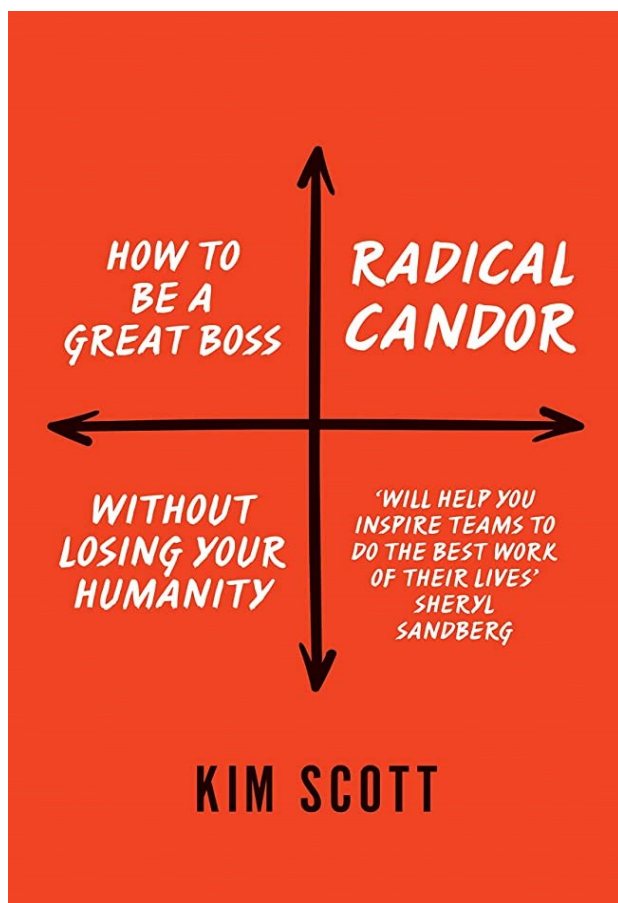
<https://www.everytownresearch.org/report/notanaccident/>

<https://www.nssf.org/safety/rules-firearms-safety/>



934 AIRLIFT WING PROFESSIONAL DEVELOPMENT

Radical Candor®: How to be a Great Boss Without Losing Your Humanity



Come for a discussion on how to be a great boss! Radical Candor is a business leadership book written by Kim Malone Scott, former Apple and Google exec. In simple terms, radical candor is essentially providing feedback that incorporates both praise and criticism, meaning “caring personally while challenging directly”.

From the time we learn to talk, we’re told to be nice and if you don’t have anything nice to say, don’t say anything at all. This doesn’t hold true when we become managers and supervisors. It is the manager’s obligation to provide clear and honest feedback. According to Scott, when you challenge without caring it’s obnoxious aggression; when you care without challenging it’s ruinous empathy. When you do neither it’s manipulative insincerity.

This simple framework can help you build better relationships at work, and fulfill your three key responsibilities as a leader: creating a culture of feedback (praise and criticism), building a cohesive team, and achieving results you’re all proud of.

Come and learn what it takes to be a caring, yet responsible leader!

COURSE TIME AND LOCATION:

Building 801, LRS Conference Room

Date: Sunday, 4 June 2023

Time: 1100-1200

All military and civilian employees are encouraged to attend!!! Bring a friend and join in on the discussion.

Alzheimer's Awareness by Eric Neal

June is Alzheimer's and Brain Awareness month. Alzheimer's Disease accounts for most cases of dementia and is not a normal process of aging. It is normally associated with people over 65 years of age but can also affect those who are under 65 years of age. This condition is known as early onset Alzheimer's disease. Alzheimer's becomes worse over time, of which there is no cure, but there are treatments. The treatments are medicine focused on removing plaques known as beta-amyloid from the brain. Because there is no known cure, focus should be on ways to decrease the risk.

Ways to prevent the risk of Alzheimer's seems to be a common theme within everything related to health and make up the core components of Physical Resilience. I'm sure before I go any further you will guess it right. Yes, it is exercise, nutrition, and sleep.

1. Exercise:

Known modifiable risk factors to dementia. Combats other Alzheimer's Disease risk factors to include obesity, diabetes, and hypertension.

2. Nutrition:

No evidence has been found on a diet that can prevent the risk of Alzheimer's Disease based on research by NASEM.

Studies for two diets that have been associated with cognitive benefits are underway: Mediterranean Diet and MIND Diet – combination of Mediterranean Diet and Dietary Approaches to Stop Hypertension (DASH).

3. Sleep:

Lack of sleep is associated with beta amyloid build-up. Lack of sleep is also associated with other risk factors to Alzheimer's Disease.

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Alzheimer's Awareness by Eric Neal

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To conclude, although there is no cure for Alzheimer's Disease and no guarantee we can prevent this from happening to us, we should continue to focus on the core components of Physical Resilience; exercise, nutrition, and sleep. This will prevent other factors associated with increasing risk of Alzheimer's Disease that include increased beta amyloid in the brain, hypertension, diabetes, and obesity. Hopefully, medical research will find a cure for this disease but until then let's focus on a healthy lifestyle that includes healthy food choices, regular physical activity, and getting enough sleep.

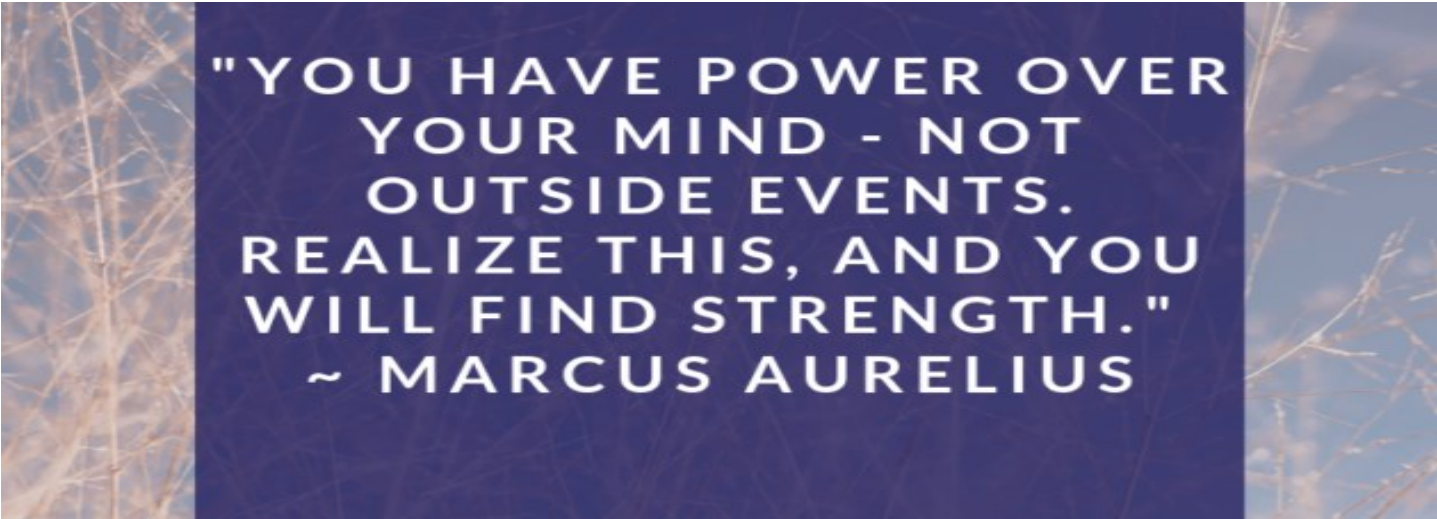
To learn more about signs of Alzheimer's disease, select the 10 warning signs worksheet from https://www.alz.org/alzheimers-dementia/10_signs.

Sources:

Alzheimer's Association (2023). What is Alzheimer's Disease? Retrieved May 30, 2023, from <https://www.alz.org/alzheimers-dementia/what-is-alzheimers>.

National Institute on Aging (n.d.). Preventing Alzheimer's Disease: What Do We Know. Retrieved May 30, 2023, from <https://www.nia.nih.gov/health/preventing-alzheimers-disease-what-do-we-know>.

Whiteman, H. (2013). Lack of Sleep May Increase Alzheimer's Risk. Retrieved May 30, 2023, from <https://www.medicalnewstoday.com/articles/267710>.



"YOU HAVE POWER OVER
YOUR MIND - NOT
OUTSIDE EVENTS.
REALIZE THIS, AND YOU
WILL FIND STRENGTH."
~ MARCUS AURELIUS

The Relationship Between Masculinity and Mental Health by Tim LaSelle

Can we unbiasedly look at the effects of masculinity on mental health? The notion of men not seeking mental health treatment based on masculine social norms such as the need to be tough or hide their emotions, so they don't look weak are widely published ideas. However, it is worth deliberating especially when an overwhelming amount of the literature tends to focus on the negative or what may be considered toxic. In Western culture, the stereotypes associated with masculinity are strong, aggressive, bold, provider, logical, and stoic. This is a list of characteristics that would seem to empower a sense of pride in oneself. So how could there be so much negativity around the word "masculinity" in today's culture? Well, the truth is that many of the attributes that make men great are the same that cause them so many problems. To illustrate the point, men tend to see masculine characteristics much like a coin instead of a spectrum. On one side is strength the other is weakness, aggression and passivity, boldness and cowardice, etc. This is something that has been ingrained in our thought process through socialization that started in childhood. Historically, men have been given numerous influences throughout their life that has taught them that being a masculine man is being the hero, the tough guy, and many the most popular idols (look at any marvel movie for reference) rarely show what it looks like behind the scenes to actually cope with stress that comes with being difficult situations.

If we were to return to the list of attributes that are most commonly associated with masculinity, it would depict an individual who is capable of facing challenges head-on with both confidence and determination. However, when looking at the statistics surrounding mental health, its apparent that the way those attributes have been used in the past have caused many substantial problems. Recent studies have found that men are less likely to seek counseling and develop healthy ways to manage stress and cope with trauma. Only 37% of men sought mental health treatment compared to 51% of women in the U.S. Men have a much higher prevalence of substance abuse compared to women. Astonishingly, 1 in 5 men will develop alcohol dependency throughout their life. Then, in 2020 over 7 million men experienced major depression, which only accounted for those who reported it. Lastly, and most important statistic is that men are 4 times more likely to die by suicide than women. This raises an important question. Is the old way of looking at masculinity literally killing us?

If one were to look up the definition of masculinity, they would find the simple sentence that states "qualities or attributes regarded as the characteristic of men or boys". The beauty of this definition lies in its simplicity. It doesn't have any negative connotations or list attributes that would be harmful in any way. It allows us to define what characteristics constitute a man. We are not bound to any gender stereotypes but are free to make our own choices. As men, we can show that being strong doesn't mean you can't ask for help. That constitution and fortitude doesn't mean we have to fight alone. So, as you persevere, and continually push yourself for greatness, in whatever field that may be, think about how much stronger, and courageous you would be if you were able to be your best self every day.

Great Outdoors Month by Liz Swanson

Great Outdoors Month is a reminder for us to get out and explore all that nature has to offer. National Today states: "the month is dedicated to the country's diverse landscapes, which boast dense forests, long winding rivers, tranquil lakes, rocky mountains," and is celebrated all across the country. It was established in 1998 as great outdoors week by President Bill Clinton and was soon expanded to include the full month as outdoor recreation was identified as one of the fastest growing industries. In 2022, Gov Tim Walz proclaimed June to be Great Outdoors Month in Minnesota. If you plan to partake, the MN DNR has free park day on 10 June 2023, which allows free access to all 75 Minnesota state parks, and Take a Kid Fishing weekend on 9-11 June which allows any adult, 16 or older, taking a kid fishing on this special weekend with no license required.



References:

<https://nationaltoday.com/great-outdoors-month/>

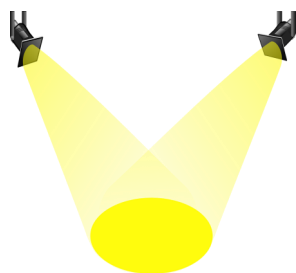
<https://www.dnr.state.mn.us/news/2022/06/09/gov-walz-proclaims-june-great-outdoors-month#:~:text=News%20release%3A%20Gov.,June%20as%20Great%20Outdoors%20Month&text=June%209%2C%202022-,Gov.,in%20a%20new%20browser%20tab.>

<https://www.dnr.state.mn.us/>

Benefits of Being in Nature:

- Improve your mood
- Reduce feelings of stress or anger
- Help you take time out and feel more relaxed
- Improve your physical health
- Improve your confidence and self-esteem
- Help you be more active
- Help you meet and get to know new people
- Connect you to your local community
- Reduce loneliness
- Help you feel more connected to nature
- Provide peer support.





Resource Spotlight

Violence Prevention Office (612-713-1159) - The VP office provides education and training to all military and DOD civilian employees in the areas of interpersonal violence, specifically sexual assault awareness and suicide prevention. The VP office also provides consultation to wing members in preventing workplace violence, teen dating violence, domestic violence, human trafficking, bullying and stalking. In addition, the VP office provides information and training on the Air Force's resiliency program (MRT/RTA). Please stop by if you are interested in discussing the prevention of violence and/or increasing resilience. We are located in building 760, room 138.

Prevention Partners/Response:

Violence Prevention: 713-1159

Sexual Assault Response Coordinator:
713-1315

Director of Psychological Health:
713-1224

Military & Family Readiness: 713-1516

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: 988 or
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!



Do you enjoy hiking, biking, backpacking, or running trails? If you do, then the All Trails© app is for you. It has over 400,000 trail maps from around the world. You can easily explore a National Park or discover trails in your area with its GPS feature.

The All Trails© app has a filter feature to identify the type of trail you're looking for. For example, you can filter by difficulty (easy, moderate, or hard). Kid or pet friendly, or by length or elevation. You can also save your favorite trails or share your experience by taking and uploading photos.

Getting outdoors is vital to our mental and physical health. It's a powerful form for healing what ails us. Make it simple by using this app. It is free to download, but also has some in-app costs that gives you additional features.

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