



934TH AIRLIFT WING

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Prevention Connection: Building a Healthy Community

**Inside: Perspective, Nutrition for Resilience, Don't Feel
Crabby: Get Some Sleep,**

Perspective by Liz Swanson, SARC

In the middle of a Minnesota winter it's hard to remember what a good rainstorm feels like. However, I'm sure we can all think of a word or two to describe them. Loud, scary, and even dangerous come to mind. Others are inconvenient or annoying as they make us cancel plans and put us in a place where we are cold, wet, and uncomfortable. But I guess it also depends on your perspective.

Growing up, my neighbor was a meteorologist and whenever there was a big storm coming you would see him outside in the heavy rain pointing in awe of the threatening clouds heading in our direction. In addition, I often hear newscasters say "our farmers will be happy" as they introduce the next storm on the radar. Because, as we all know, a good down pour is essential for the growth of crops. Unfortunately, life comes with many metaphorical storms. But lucky for us, we can always shift our perspective to see it through the eyes of the meteorologist or even possibly, a farmer.

Special points of interest:

For more information on changing our perspective go to: <https://www.selfgrowth.com/articles/change-your-mind-by-changing-your-perception-perspective>

<https://www.harleytherapy.co.uk/counselling/what-is-perspective.htm>

Depression and Purpose by Ch. Brokenshire

Many years ago, a Midwestern lawyer's depression was so great that his friends decided to keep him away from knives and razors. The lawyer questioned if there was a purpose for his life. He wrote, "I am now the most miserable man living. Whether I shall ever be better, I cannot tell. I awfully forebode I shall not." We should all be thankful for those faithful friends who walked the difficult journey with him. Through the encouragement of others, Abraham Lincoln persevered and found purpose.

According to a recent study, 28% of people are suffering from depression during Covid-19. This is three times higher than the study taken before the pandemic. Financial struggles, isolation, and uncertainty about the future all contribute to a loss of peace. For those already struggling with depression, new obstacles have pushed them to the edge.

People who have changed the world like Martin Luther, admired servants like Mother Teresa, and great thinkers like CS Lewis have all battled through depression and found purpose. Depression is nothing new. Despite a miraculous victory on Mount Carmel, the Old Testament prophet Elijah prayed, "It is enough; now, O LORD, take away my life, for I am no better than my fathers."

Olympic gold medalist Michael Phelps recently opened up about his bouts of depression. He lamented the stigma of mental illness and found peace when he finally sought help. It was through talking about his struggles that he began to heal. We have all dealt with added isolation during this pandemic which has only increased the burden of many who struggle with loneliness.

If you find yourself feeling empty or hopeless, constantly anxious or lacking in purpose, seek help. Whether you visit your doctor, a military mental health professional, or make a 100% confidential visit to the chaplain's office, don't struggle alone. You are cared for more than you know and there is purpose for your life.

If you suspect someone in your life is struggling with depression, remind them that they are loved and cared for. Be a listening ear for them, keep them safe, and help them seek the help they need.

Nutrition for Resilience by Eric Neal, Exercise Physiologist

It's March and you know what that means. It's National Nutrition Month. You might wonder how nutrition plays into resilience. Nutrition enhances our physical resilience. Strong physical resilience improves productivity, increases energy, enhances mood, and sharpens focus and attention. Physically resilient people have better immune functioning, cardiovascular recovery, sleep, and lower risk of coronary heart disease, hypertension and diabetes.

Three key contributors to gaining physical resilience are exercise, nutrition, and sleep. This article will explore nutrition for resilience. Nutrition can be quite a contradictory and debatable subject. The correct answers to your nutrition philosophy should be based on your goals. Goals for nutrition include, but not limited to can be performance, health, and/or weight management.

Performance based nutrition goals are focused on energy, hydration, repair, and hormonal production. Consuming enough carbohydrate-vitamin-mineral rich foods with enough fluids to replace what has been lost through exercise are key contributors. [1] Timing of nutrients, especially for pre and post-workout are essential and distribution of macronutrients with a focus on carbohydrates and fats for the brain, energy, and testosterone production and protein for repair of the muscles. [1,2] Macronutrient breakdown for performance would be 50-70% carbohydrate, 25-40% fat, and 15-25% protein. [2] These numbers are slightly higher than USDA recommendations.

If performance based nutrition is not for you, don't be discouraged. There are other alternatives such as dieting for health or weight management that have a different focus. I actually prefer to eat for weight management most of the year with a progression into performance based nutrition for 2-3 months aligned with type of exercise program I am performing. I hope this information will be helpful to you for using nutrition based on your goals to strengthen your physical resilience.

To learn more about exercise and nutrition visit

<https://cs2.eis.af.mil/sites/er/0683/SitePages/Home.aspx> to sign up for courses or <https://afrc.eim.us.af.mil/sites/934aw/934AWG/Fitness/SitePages/Home.aspx> for access to articles and guidance to improve your health and fitness.

1. Mata, F., Valenzuela, P., Gimenez, J., Tur, C., Ferreria, D., Domínguez, R., Sanchez-Oliver, A., Martínez Sanz, J., Carbohydrate Availability and Physical Performance: Physiological Overview and Practical Recommendations. *Nutrients* 2019, 11, 1084; doi:10.3390/nu11051084

2. Volek, J., Kraemer, W., Bush, J., Inclendon, T., and Boetes, M., Testosterone and cortisol in relationship to dietary nutrients and resistance exercise. Downloaded from journals.physiology.org/journal/jappl (129.054.008.046) on June 16, 2020.

Don't Feel Crabby: Get Some Sleep by Mike Sanford, VPI

The other day I felt crabby. I couldn't understand why my dog was so needy, why the cloudy day made me so grouchy, and why everything around me seemed so negative. Then I realized it wasn't my dog, it wasn't the cloudy day, and it wasn't everyone else. It was me. I realized I didn't get much sleep the night before. My restless sleep and insomnia caused me to feel lethargic the next day. Aside from feeling irritable, according to the Mayo Clinic and the World Sleep Society, sleep deprivation causes poor judgment, increased feelings of anxiety and depression, weakened immunity, risk for diabetes, weight gain, and many other physical and mental ailments[1, 2].

March 19th is World Sleep Day. The slogan for this year is "Regular Sleep, Healthy Future"[2] . We focus on sleep because sleep improves our mood, performance, and academic achievement. Sign me up! Who wouldn't want that? It is said that sleep is just as important to our mental and physical health as diet and exercise. Just ask my dog and those around me when I don't get enough sleep.

Sources:

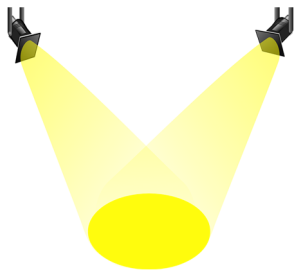
[1] <https://www.mayoclinic.org/diseases-conditions/sleep-disorders/symptoms-causes/syc-20354018>

[2] <http://worldsleepday.org/>



**“Happiness in simplicity
can be achieved with a
flexible mindset and nine
hours sleep each night.”**

~ Dalai Lama



Resource Spotlight

Vets4Warriors (855-838-8255)

<https://www.vets4warriors.com/>

A 24/7 confidential peer support network for veteran and military communities. Provides immediate, free, and long-term peer support through phone, chat, text, and email conversations for anyone who has ever worn the uniform, as well as family members and the caregivers who support them. There is no physical, mental, or social challenge they can't help find a solution for, regardless of the complexity of the issue. Serving veterans and family members/caregivers of all generations.

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

Retrain Your Brain from the 934 ASTS Mental Health Team RADICAL ACCEPTANCE:

This skill is about being willing to see things differently. Radically accepting a situation does not mean bad things are good. It is just noticing resistance to what is, and letting this resistance go. When we stop resisting what is, we feel much better. Then we can see what needs to be done and do it peacefully.