



934TH AIRLIFT WING

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Prevention Connection: Building a Healthier Community

Inside: Good Luck: Can it be Learned?; Nutrition for Resilience; Grief, How Do You Help Someone Through It?; Weight Loss and Nutrition

March is National Optimism Month. According to verywellmind.com, optimism is “a mental attitude characterized by hope and confidence in success and a positive future.” Optimists tend to view struggles, hardships, and set-backs as learning experiences. It’s like the glass is half-full type thing. As we view things in an optimistic light or see the brighter side of things, we experience more positivity in our lives.

How do you know if you are optimistic? Here are some characteristics:

- You feel the future looks bright.**
- You feel and see the good things in life.**
- You feel success can be accomplished.**

And how do we improve optimism? The best response to this question is to be more mindful, focusing on the here and now. Be present and try not to worry about things that are out of your control. The next thing is to practice gratitude. Studies show that when you practice gratitude by using a gratitude journal or other daily methods, your optimism and resilience improves.

Special points of interest:

For more information on optimism and positivity go to:

<https://ppc.sas.upenn.edu/>

<https://www.verywellmind.com/the-benefits-of-optimism-3144811>

<https://positivepsychology.com/>

Good Luck: Can it be Learned? By Liz Swanson, SARC

Good luck can have life changing effects, yet is luck something we can control? Richard Wiseman, a psychologist at the University of Hertfordshire, wanted to pin point what made certain individuals consistently lucky. He interviewed/analyzed 400 people who self identify as either “lucky” or “unlucky.” He concluded, unbeknown to the participants, that their fortune relied heavily on their thoughts and behaviors. He then identified four basic principles that lucky people use to generate good fortune.

1. Lucky people are skilled at creating and noticing chance opportunities. They are open to what the moment has to offer. For example: an unlucky person may go to a party looking for love and may miss an opportunity to make friends. In addition, a person can exhaust their opportunities by engaging in them frequently. Lucky people have a tendency to mix up their routine and put themselves in a position that offers more opportunities. For example, instead of talking to the same people at a party, a lucky person may make an effort to talk to someone new each time they go out.
2. Lucky people make lucky decisions by listening to their intuition.
3. Lucky people have a positive expectation of life that results in the creation of a positive life via self-fulfilling prophesies.
4. Lucky people have a way of turning bad luck into good luck. For example: After a car accident a lucky person may be thankful that even though their car was totaled they weren't hurt and didn't have to go to the hospital.

Mr. Wiseman also found that people could learn to be lucky. He taught the principles to the “unlucky” participants and after a month 80% reported feeling happier, more satisfied with their lives and feeling luckier. So the next time you are looking for your big break ask yourself: am I open to what the moment has to offer? Am I putting myself in a position to increase my opportunities? Am I listening to my gut when making decisions? Can I turn I turn my misfortune into something positive? Do I have a positive outlook on life? For more information visit RichardWiseman.com or check out Mr. Wiseman's book “The Luck Factor.”



Nutrition for Resilience by Eric Neal, EP

Its 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, and sleep and lower risk of coronary heart disease, hypertension and diabetes. Last year, I provided you information about nutrition for performance to improve your physical resilience. This year I will go into nutrition for your health. Listed below are great tips I recommend to optimize your health.

1. Focus on Calories In vs Calories Out

- Based on goals of weight loss, weight gain, or maintenance of weight.
- Eat a balanced diet.
 - 10-35% Protein
 - 45-65% Carbohydrate
 - Closer to 45% range if weight loss is your goal and closer to 65% for weight gain or performance goals.
 - 20-35% Fat
 - Try to consume higher amounts of monounsaturated fats while limiting saturated fats to less than 1/3 of fat calories and avoiding polyunsaturated fats from processed foods.
- Consume enough fiber
 - Recommendations for fiber intake is 14 grams per 1000 calories consumed per day not going over 60 grams as that can hinder absorption of nutrients.
- Focus on fruits and vegetables
 - Consume 5-9 fruits and vegetables per day.
 - Be sure to keep a variety of colors in your selection of fruits and vegetables as each pigment has a function for improving your health.

To learn more about exercise and nutrition join AF Connect app making 934 AW one of your favorites and visit the fitness folder or check out <https://afrc.eim.us.af.mil/sites/934aw/934AWG/Fitness/SitePages/Home.aspx> for access to articles and guidance on improving your health and fitness. It also includes links to three BE WELL courses and other important health information.

Grief, How Do You Help Someone Through It?

By MSgt. Ralph Simcox

First, I want to say that ‘grief and loss’ are never easy topics to discuss, and so if it dredges up any painful memories for you, I am certainly sorry. However, the intent today is really to speak to those who are the first line defenders (family, friends, and co-workers) to those who suffer with grief. What is their role in this process?

No doubt, you or someone you know has suffered from grief or loss. It does not matter if it is by natural means (someone dying from old age or medical complications), or via the unnatural, (such losing someone to a drowning, fire or purposeful shooting). When tragedy strikes often times the inclination is to go to that person or persons and try to carry or ferry them past the suffering. This is natural to want to do, as it falls in line with one of our most basic inclinations, the desire to help or fix whatever is ailing in another.

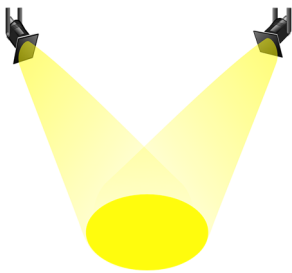
Anyone who has raised children knows how to fix a booboo after their son or daughter has fallen. Unfortunately, a person suffering with grief and loss cannot be fixed with a few kisses or a Band-Aid. Understandably, it’s very hard to see someone we love go through grief, or to be sad, as we want that person the way they once were before the tragedy occurred. We want to be the solution to their problem, but that can really be a selfish desire.

In reality those that suffer from losing a loved one, for example, must go through the muck and mire, go through Kubler Ross’s Stages of Grief which are acceptance, denial, anger, bargaining, and depression. Again, this is hard but as the outsider looking in, we can only walk beside, not behind them hoping to push them forward, or even in front of them by trying to pull them ahead.

That simply is not our role, and when the grieved are awash with emotion, moving aimlessly with no sequence in mind as it relates to the stages mentioned. We can feel helpless, but the only way to be helpful is just by being, or more to the point, we need to be present and patient, to know to expect the unexpected, and not to have expectations for the one who is suffering. What they want and need most is someone that is present, empathetic, understanding, and willing to walk beside them.

This is a pretty difficult topic for most, so if you or a loved one are struggling with grief or loss, please feel free to reach out to our chapel or mental health staff for assistance. We are ready and waiting to walk beside you.

Thanks and on behalf of the Global Viking Chapel, may you and your families have a beautiful remainder of the week. God bless!



Resource Spotlight

United Way's 211 (Dial 2-1-1 from service area; Twin Cities local: 651-291-0211; or toll-free alternative number: 800-543-7709). United Way's 2-1-1 is a comprehensive source of locally curated social services in the U.S. It is a resource to find help with food or nutritional programs, housing and utilities, emergency and disaster relief, employment and education, services for veterans, health care, addiction prevention, support groups, and many others. Call, text, or chat with your local 211 to find a resource in your community.

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!

Gratitude: Look for the Good—Did you know that you can change the wiring of your brain? You can do this by practicing gratitude. Gratitude builds optimism and positive emotions by paying attention to the good things that happen. It helps you cope with daily hassles and stress, and improves relationships.

The way to do this is to develop a regular (daily or weekly) gratitude practice that includes: Two or three things that you are grateful for; a reflection on why you are grateful (such as how others may have contributed or why it was meaningful). You can use a gratitude journal or simply consciously think of 2 or 3 things throughout the day of something you are grateful for.



RESILIENCE