



934TH AIRLIFT WING

**May 2023
Volume 5 Issue 5**

Prevention Connection: Building a Healthier Community

Inside: Professional Development—From Surviving to Thriving, The Lord Provides, Better Sleep Better Life, Managing Arthritis

On any given month, there is some sort of awareness theme. During the month of May, there are several. One we all should focus on and highlight is Mental Health Awareness Month. Mental Health Awareness month was created in 1949 to increase awareness of the importance of mental health and wellness and to highlight that people can recover from a mental health issue.

Everyone has mental health, if you are breathing, you have mental health. How we take care of our mental health is what differentiates us. Like exercising and taking care of our bodies physically, we must do the same for our mind. We do this in a variety of ways, such as learning a new skill, reading a book, or solving puzzles. Some of the things that inhibits our mental health and wellbeing is alcohol consumption, the use of tobacco products, eating unhealthy foods, and not getting enough sleep.

To put things into perspective, 1 in 5 adults in the U.S. had a diagnosable mental health condition in 2020. Of those, 54% did not receive treatment. Likewise, 1 in 3 young adults (18-25) experienced mental illness in 2020. Suicide is the 2nd leading cause of death among people aged 10-34.

When looking at it from that lens, think about the number of people you know and how many people might be struggling. During this month, the challenge is to reach out to those you care about and tell them you are thinking about them.



Special points of interest:

For more information on Mental Health Awareness go to:

<https://www.thenationalcouncil.org/mental-health-awareness-month/>

<https://www.nami.org>

<https://www.mentalhealth.va.gov/>

934 AW Professional Development

From Surviving to Thriving: Harnessing the Power of Positive Psychology!



COURSE TIME AND LOCATION:

Building 709, SFS Main Classroom

Date: Sunday, 7 May 2023

Time: 1100-1200

All Military and DOD Civilian Employees are invited to attend!!! Come and bring a friend!!!

We're delighted to have you join us as we delve into the fascinating world of positive psychology, a field that has revolutionized the way we approach happiness, resilience, and mental well-being.

You may wonder, what is positive psychology? It's the scientific study of human flourishing, focusing on the strengths and virtues that enable individuals and communities to thrive. By shifting our focus from solely fixing what's wrong to also cultivating what's right, positive psychology empowers us to reframe our perspectives and enhance our overall well-being.

In this one-hour session, we will explore a variety of evidence-based techniques, tips, and tricks from this transformative field. We'll learn how to build resilience in the face of adversity, cultivate gratitude to enhance our well-being, and foster a growth mindset to unlock our full potential. We will also discuss practical strategies to apply these principles in our daily lives, both personally and professionally.

So, let's embark on a journey of self-discovery, growth, and empowerment. Together, we'll uncover the secrets to thriving in our modern world and unlock the doors to a more fulfilling, resilient, and joyful life. We hope you leave this session feeling inspired, invigorated, and ready to embrace the power of positive psychology!

The Lord Provides by Ch. Len Brokenshire

23 years ago, my wife and I felt God calling us to serve on a short-term mission trip to Ukraine. A member of our congregation had just begun an organization, reaching out to orphans and people with disabilities in Bila Tserkva, Ukraine and we wanted to help. We had an amazing time and were hosted by a doctor named Victor Sobol and his wife Natasha who lived in a small flat with their two children about an hour south of Kiev.

The next summer, God called us back to Ukraine. We had planned on going to Kenya as team leaders, but my wife's pregnancy with our first child meant that she could not take the necessary shots. There was a need for more members on the Ukraine team and we returned to serve, again staying for three weeks with the Sobol family.

I returned 15 years later with my daughter (who was in the womb on our previous trip) to help run a summer camp for children with disabilities. We were invited to have dinner with the Sobols and it seemed as if no time had passed at all. Two years later, I was asked to perform a wedding ceremony for a friend in Ukraine and again was hosted by Victor and Natasha with my then 15-year-old son. They had become an extension of our family.

Last year, when war broke out in Ukraine, I reached out to Ukrainian friends offering help. Victor and Natasha were given a place to stay in Poland for one year. Their daughter and her family fled to the Netherlands, and their son was unable to leave due to being fighting age (all men under 60 years old). Like many others, I had a desire to help more but didn't know how.

Three months ago, my son (who is in Tech School in San Antonio) received an errant Facebook message from Victor, a recipe meant for Natasha. He replied and asked Victor how he was. Victor said that he was good, they had just been granted humanitarian parole in the US but needed sponsors. Matthew suggested us. Victor didn't ask us because he assumed that since I was in the military, I must live on a base and couldn't possibly be a sponsor and host.

After a few conversations, a plan was made. Victor and Natasha travelled to the United States and moved in with us at the beginning of March and we have seen God's provision for them. God moving us to Minnesota from Iowa has been a blessing for them due to the robust Ukrainian community. Attending a Ukrainian church in Minneapolis with them was a highlight as we witnessed their faces light up in joy as people praised God in their native tongue. People from their town 5,000 miles away were at the church that morning. When they went to the refugee transition office, Victor's best friend's wife was assigned as their case worker. The families had lost touch when the fighting began and neither of them expected to be reunited in Minneapolis.

Throughout this whole experience, I see God's provision over and over. I continue to pray for Ukraine and those who were unable to leave. I pray for peace and an end to this brutal war and for God's protection for my many friends fighting, serving, and simply trying to survive.

Better Sleep Better Life by Mike Sanford

Have you ever had a day where things just weren't going right? Your mind was in a fog and you felt exhausted? It could very well be due to a lack of sleep that is causing this fog. Sleeping problems or a lack of sleep can cause some major problems for us, from drowsy driving (~6,000 fatalities each year) to on-the-job related injuries (~\$44.6 billion each year). Adults need 7+ hours of sleep each night. But unfortunately, 1 in 3 adults don't get enough. (CDC, 2021). And according to a Sleep Foundation study, 4.8 out of 10 adults say they are regularly tired during the day. A lack of sleep can also cause physical and mental health problems, such as type 2 diabetes, cardiovascular disease, obesity, and depression.

Some general tips to getting more sleep: go to bed and get up at the same time each day, keep the bedroom quiet, dark, and have the room temperature around 65, remove electronic devices from the bedroom, avoid alcohol, caffeine, and large meals before bedtime, and be active during the day to help you sleep at night, such as exercising regularly. So the next time you are feeling that funk or fog, think about the amount and quality of sleep you got. If it's from poor sleeping habits, think about making the change so you do get 7+ hours. Your health and life depends on it.

Source: CDC (2021). National Center for Chronic Disease Prevention and Health Promotion. Retrieved 3May23, from <https://www.cdc.gov/chronicdisease/index.htm>.

*“Not all storms
come to disrupt
your life, some
come to clear
your path”
-Anonymous*



Managing Arthritis by Eric Neal

May is Older Americans Month and National Arthritis Awareness Month. These two topics go hand in hand as many older Americans deal with arthritis. What exactly is arthritis? Breaking down the word using medical terminology, itis is inflammation of and arthr is joint, which gives us inflammation of the joint. There are many types of arthritis, but today my focus will be on osteoarthritis since it is the most common form of arthritis.

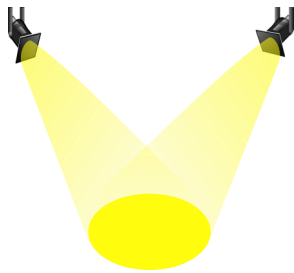
The key to managing arthritis is focusing on decreasing inflammation. Great solution, now how can a person manage inflammation? The best ways to manage inflammation is through weight loss, proper diet and exercise plan.

Why does losing weight help manage arthritis? According to arthritis.org every pound of pressure puts four times the pressure on the knees and fat makes chemicals that cause low-grade inflammation throughout the body.

What is the proper type of exercise plan to manage arthritis? For strength training it would be best to follow a full body program performing 1 set of 8-10 different exercises at 40-80% of 1 rep max for 4-6 reps 2 days per week on non-consecutive days. For cardiovascular training, the recommendation to follow is training at 60-80% of maximum heart rate or 50-70% of Karvonen Method maximum heart rate for 30-60 minutes starting at 2-3 days per week working up to 5-7 days per week. If 30-60 minutes is too much of a challenge, shorter duration with higher frequency is another option. Focusing on flexibility is also important. The recommendation for flexibility is to perform static stretching daily to mild discomfort for 3-5 sets of 10-30 seconds for each major muscle group to focus on improving range of motion and reduction of pain. For more information on exercising with arthritis view Air Force Connect app making 934 AW your favorites and select fitness folder followed by clinical exercise and arthritis.

What types of foods should I eat to reduce inflammation? Following the Mediterranean Diet is a good plan for managing arthritis and focusing on what type of fat you are consuming. Avoid high fat choices of red meat as it contains arachidonic acid, an omega 6 polyunsaturated fat that can exacerbate the symptoms of inflammation. Consuming mono-unsaturated fats and limiting saturated fats and certain types of polyunsaturated fats such as processed foods is a good plan to prevent inflammation through nutrition. According to arthritis.org fiber, sulforaphane, and polyphenol consumption from fruits, cruciferous vegetables, and vitamin D and K may also help prevent inflammation. A good example of foods to eat in a meal that have these nutrients would be Salmon seasoned with garlic, berries, salad coated with olive oil, broccoli, and glass of milk. Another good tip is to replace normal peanut butter with natural peanut butter and get enough sunlight.

In conclusion, managing weight is beneficial for managing symptoms of arthritis. Unfortunately, the limitations placed on exercise can make managing weight very difficult. Considering the limitations on exercise, nutrition choices become even more important for managing weight and they also play a role in reducing inflammation. If you are dealing with arthritis, I hope the tips provided in this article for weight reduction, exercise, and nutrition will be helpful to you for managing arthritis.



Resource Spotlight

Chaplain Services—612-713-1226/1227 Provides crisis response and spiritual and moral counseling to military members and their families. Chaplain Services is the only military agency that provides 100% total confidentiality. Worship services are provided on primary UTA weekends. We also have a full-time staff consisting of a Chaplain and Religious Affairs Superintendent and are available during the month for spiritual and personal counseling.

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!



The Mindfulness Coach© app was created by the VA's National Center for PTSD. Mindfulness means noticing and paying attention to what is going on in the present moment. The Mindfulness Coach© app was developed to help Veterans, Service members, and others learn how to practice mindfulness. The app provides a gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice. It also has a library of information about mindfulness. There is no cost to download and it doesn't take any personal information or require any add-on purchases.

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