



934TH AIRLIFT WING

**November 2020
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Prevention Connection: Building a Healthy Community

**November is Military Family Appreciation Month,
National Gratitude Month, Great American Smoke-out
(Nov 23), and World Kindness Day (13 Nov)**

Every November military families are honored and celebrated as they are the backbone of our Nation's military. Military Family Appreciation Month was first recognized and celebrated over two decades ago when President Clinton issued a Presidential Proclamation establishing this recognition. The contributions of military families across the globe needs to be observed and appreciated for their sacrifices. Military One Source is your place to go for anything military and family related. They have a lot of information for military members and their dependents.

As in previous years, Military Once Source is offering military family appreciation kits to families. The kit contains "freebies for family fun and wellness". To get your kit go to:

<https://www.militaryonesource.mil/family-relationships/parenting-and-children/military-family-appreciation#kit>



Special points of interest:

For more info on Military Family Appreciation Month go to:

<https://militarybenefits.info/military-family-month/>

<https://www.military.com/military-family-appreciation-month>

COVID-19: Enhanced My Gratitude and Appreciation

by Eric Neal

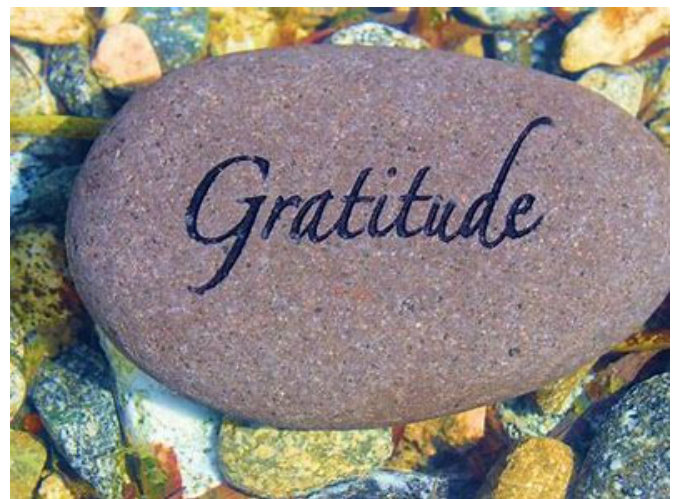
November is National Gratitude month. Gratitude is looking for the good and thinking about what went right. It helps a person become more resilient through positive emotions. I must say COVID-19 definitely helped me gain an appreciation for some of the little things in life that I took for granted. Having gratitude has helped me be resilient at this time.

During COVID-19, we lost the NCAA tournament, almost 2/3 of baseball season, fitness centers, hair salons, and sitting down at a restaurant to eat. Losing access to these services had me pretty bummed out, but also made me gain more appreciation for these services and just how good I have it under normal circumstances. During this time, I used gratitude to reflect on what went right. Unlike many Americans who lost their jobs and livelihood during this pandemic, I was able to find a positive emotion on what went right as I was able to continue working from home, receive the \$1200 stimulus, and not have to pay my federal student loan the rest of the year.

I also found creative ways to do work through updated technology that I hope will have a great impact towards work efficiency and customer service. I was able to reflect that I am not forced to be exposed to COVID-19, which reduces the chances of contracting it and increases the chances of staying very healthy. If COVID-19 has got you down, try expressing gratitude by focusing on what went right and gain an appreciation for what you do have. If you exercise these coping skills, you should find yourself become quite resilient.

“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

~ Melody Beattie



A Time for Kindness by Ch. Cooper

“Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness in people.” (Roy T. Bennett, *The Light in the Heart*)

I like that quote. It really encapsulates the idea of kindness; so simple, so powerful and so needed. Kindness is much needed today and can make such a difference in the troubled and stressful times we are living in. Now I am too much of a realist to believe that the dream of John Lennon in his song *Imagine*, can actually come true. However, I do believe that singular acts of deliberate kindness can profoundly change the culture. So imagine for a moment what life would be like if we woke up each morning intent on giving someone a reason to smile. What if ...

I made a phone call or sent a card to a person isolated due to COVID. I thanked the person who made the office coffee. I complemented a co-worker on how well she did her job. I told someone how meaningful their friendship was. I invited a “foe” to lunch, and paid for it. I listened for understanding, and with empathy. I made the evening meal. I helped a fellow student study. I diffused an argument with soft words. I could go on, but I think we get the picture.

Even a small act of kindness can have a significant and lasting impact. It has been nearly 20 years since Bill sat down with my two young kids and got their tackle boxes ready for fishing the next day. I am a hunter and not much of a fisherman. Bill knew fishing and got our kids ready to go. The reason I remember this act of kindness is because it was 10 o'clock at night and Bill could have easily justified going to bed after his long day. Instead, he gave us a reason to smile and that act of kindness has stayed with us for nearly two decades.

I am sure you have stories as well. Why don't you take a moment and recall a story of someone's kindness toward you. Imagine writing it here:

Let's take this one more step. Imagine the story someone else will be telling about your act of kindness (which you are going to show them this week.) Imagine writing it here:

Now do it.

Give someone a reason to smile and feel loved. We all need it, now more than ever.



My Hypothesis About Smoking by Eric Neal

The Great American Smokeout is November 23rd, which is a day thousands of people decide to take up a healthier lifestyle by choosing to quit smoking, yet others contemplate and find excuses not to quit. One reason many choose to continue smoking is fear of weight gain. A 10 lb. weight gain is commonly an occurrence after quitting the habit, due to no longer consuming the stimulant nicotine and eating more. This weight gain can be off-set through implementation of exercise and modification of diet. You might say, but I already exercise and eat healthy and my appetite is so much greater. Well... I have more to share and that is "My Hypothesis About Smoking".

One indirect method of determining caloric expenditure is to measure the amount of oxygen consumed in volume at rest or exercise. Long term effects of smoking decreases amount of oxygen that we consume, which means the result is a lower metabolism. Anyone choosing to smoke based on the short term effects of a boosted metabolism from nicotine should consider the long term implications. It could result in not only risk of lung cancer, emphysema, and decreased lung capacity, but also the risk of obesity from the long term effects decreased lung capacity can have on metabolism. For this reason, my hypothesis is chronic smoking causes weight gain due to decreased metabolism from decreased lung capacity.

Smoking and obesity and lack of physical activity are the number one and two causes of death in the United States. I encourage you to join the thousands participating in the Great American Smokeout on November 23rd.

Additional resources for tobacco cessation, exercise, sleep, and nutrition can be found at the following:

<https://afrc.eim.us.af.mil/sites/934aw/934AWG/Fitness/SitePages/Home.aspx> and courses for exercise and nutrition at <https://cs2.eis.af.mil/sites/er/0683/SitePages/Home.aspx>.

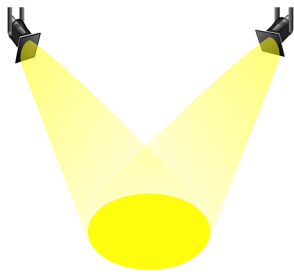
Join the Great American Smokeout at <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>

<https://www.webmd.com/smoking-cessation/features/stopping-weight-gain-while-quitting-smoking#1>

<http://health-faq.com/quit-smoking/how-smoking-affects-lung-capacity/>

<https://www.sciencedirect.com/topics/medicine-and-dentistry/metabolic-rate>

https://www.cdc.gov/tobacco/data_statistics/sgr/2010/highlight_sheets/pdfs/scientific_respiratory.pdf



Resource Spotlight

Military One Source (1-800-342-9647). <https://www.militaryonesource.mil/> Provides 24/7 resources and/or non-medical counseling for service members, dependents, and survivors. Military One Source has information on several topics, including tax services, spouse employment assistance, webinars and online training, relocation and deployment tools, and much more. It is funded by the DOD and can be used at anytime, anywhere.

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): 713-1101/1102

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

APP* Spotlight and Self Care Strategy—Add this to your Tool Box!



There are several Gratitude apps in your smartphone app store. Simply doing a search for “Gratitude” will reveal a countless number of options. The idea is to find what works for you. One particular app that you might find useful is the Three Good Things—A Happiness Journal© app. Being that our society in general tends to focus on the negative, use this app to change that around. Simply write down three good things each day and you will increase your happiness. Research shows you can rewire your brain to think and feel more positive. By finding positive things that happen in your daily life, you can train your brain to notice the good things throughout your day. The practice of gratitude is the easiest, fastest way to change your life!

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