



934TH AIRLIFT WING

**October 2020
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Prevention Connection: Building a Healthy Community

**October is Domestic Violence Awareness Month,
National Bullying Prevention Month, National Work
And Family Month, World Mental Health Day (Oct 10)**

The COVID-19 pandemic has certainly changed things for us. This year has been trying to say the least. Everyone has been affected differently; from health care workers concerned about bringing home the virus, to teachers navigating Zoom meetings with their students, to people losing jobs. With all these uncertainties and disruption of our once regular routines, there has never been a more important time than to focus on our mental health.

October 10th, is World Mental Health Day. On this particular day, the World Health Organization will host a global online advocacy event on mental health. It can be streamed live on major social media channels. Learn ways to improve mental health, hear from national leaders about why making mental is a priority, hear from internally-renowned artists who have become mental health advocates, and listen to musicians perform popular music. For information go to: <https://www.who.int/news-room/events/detail/2020/10/10/default-calendar/the-big-event-for-mental-health>

Special points of interest:

For more info on World Mental Health Day go to:

<https://www.who.int/campaigns/world-mental-health-day>

<https://www.verywellmind.com/when-and-how-to-take-a-mental-health-day-3144754>

Work and Family Month: A Different Perspective

October is Work and Family Month. These are two of the most important components of any healthy society or nation. There is no menial work; all jobs are essential. There is nothing more foundational to the stability of society than the family. That is why COVID 19 has been so devastating. As it threatened or even destroyed livelihoods with the shutdowns, it also jeopardized our sense of identity and self-worth. Isolating us from all but immediate family members it robbed us of family celebrations and disrupted treasured family plans. Worst, it forced us to grieve and suffer alone during times of illness and loss. This has been a hard year for work and family. But recovery is possible. Personally, I find these three truths to be helpful in moving forward-I am not alone, I am not the first one, I must have hope.

I am not alone. There are benefits of being in the company of those who have had similar experiences as it is often easier to empathize with one another. However, we must avoid the pitfall of limiting our source of help to only those who have walked the same road. I have offered consolation and support to people who have lost children, suffered cancer or experienced a debilitating disease. I have not experienced any of those myself, yet that does not disqualify me from offering care. The point is, there are those who are willing and able to come alongside of us, even if they haven't shared our experiences. We need to let them in and not walk alone. Most importantly, and personally, I find great comfort in knowing that my Creator is always with me in times of distress.

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**“What lies behind you
and what lies in front of
you, pales in comparison
to what lies inside of
you.”**

~ Ralph Waldo Emerson



Work and Family Month: A Different Perspective

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I am not the first. While every trial is unique to the person, every person has experienced trials. In other words, I am not the first one to face trouble. One of my sources of strength is the stories of others who have faced and overcome overwhelming odds. Some of these come from people I know personally, others from books I read. These might be personal testimonies of a failed marriage that was brought back to life or a lost job that birthed a new career. It may be the story of a POW or one who survived a wilderness accident. Much of my work is with the elderly and I am constantly amazed at the difficulties they had to overcome in life. If they did it, so can I. I also refuse to be a victim. I will not blame others and relinquish my destiny to anyone. It's my life. Inspired by others who overcame, I too will overcome.

Finally, I must have hope, and with God I will have hope. Even so, my hope must be nurtured. The words of Robert Schuller are helpful here, "Let your hopes, not your hurts, shape your future." This is so important in this year of pain, confusion and darkness. As we emerge (and we will emerge) from this trial, let us set our hopes on brighter days and a better future, letting this year strengthen us for the future. As this year has taught us to not take work and family for granted, may we engage in our labor with renewed purpose and hold our families more closely. 2020 has been tough on work and families, but if it has made us better and brought us closer it may very well be the most valuable year of our lives.



"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."

~ Jimmy Dean

The Centers for Disease Control and Prevention describes intimate partner violence (IPV) as a public health problem that affects millions of Americans. IPV includes four types of behavior: physical violence, sexual violence, stalking, and psychological aggression. Sexual intimacy does not need to be present in order for IPV to be present. The Department of Justice estimates 1.3 million women and 835,000 men are victims of physical violence by a partner each year. Source: <https://www.cdc.gov/violenceprevention/intimatepartnerviolence/index.html>

Abuse by Using Technology—Consider the following:

1. Relationships can go viral. Messaging, monitoring, and sharing without consent is not okay and can be considered abuse.
2. If your direct messages via social media or texts appear threatening, they probably are.
3. Do you feel your partner uses tech or social media to always keep tabs or to detect your movements? If so, reach out by calling the Domestic Violence Hotline.

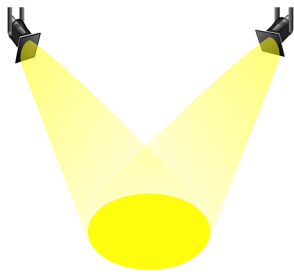
If someone treats you badly, there's something wrong with them, not you.



Healthy humans don't hurt other humans.

IPV and Suicide—Those experiencing IPV have an increased risk of suicide. In fact, 35% of women experiencing IPV report prior suicide attempts. Male veterans experiencing IPV report 3x more suicidal ideation than other males.

If you or someone you know is experiencing domestic violence contact the National Domestic Violence Hotline (includes resources for those experiencing stalking) at 1-800-799-7233



Resource Spotlight

Domestic Violence Hotline (includes resources for stalking) (1-800-799-SAFE) - The National Domestic Violence (DV) Hotline is a 24-hr free and confidential service for survivors, victims, and those affected by DV. The hotline can also be used for general information about DV. The hotline's website has information on various topics relating to domestic violence, such as financial abuse, LGBTQ relationship issues, pets and domestic violence, a path to safety, what to expect when calling, and help for friends and family.

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!



The Calm © app is a leading app for mediation and sleep. It helps lower stress, decreases anxiety, and gives you more restful sleep with guided meditations, sleep stories, breathing programs, and relaxing music. This app is the perfect mindfulness app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditations are available in 3, 5, 10, 15, 20 or 25 minutes. Topics include: Calming Anxiety, Managing Stress, Deep Sleep, Focus and Concentration, Relationships and many more. This app is free to download and use. There is an optional paid version.

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