



934TH AIRLIFT WING

**October 2022
Volume 4 Issue 10**

Prevention Connection: Building a Healthier Community

Inside: National Work and Family Month, Can We Prevent Domestic Violence?, Information From Military OneSource

Your Community Action Team (aka Resiliency Team) is proud to announce the opening of our new Wellness Center. It is located in the Fitness Center (building 777) just to the right of the main entrance. The Wellness Center includes several resources, books, and tips to help you navigate stressful situations. Some of the topics you'll find are mindfulness, exercise and diet, happiness, yoga and meditation, and others. Please take what you want. Probably the biggest thing you'll notice are the two massage chairs for your use and relaxation.

The message chairs were purchased so that you can unwind during times of stress, whenever you need a short break, or to simply try it out. There is plenty of research that shows the use of wellness resources (i.e. yoga, meditation, physical fitness, massage chairs) decreases depression and anxiety, alcohol and drug use, poor performance, and other negative behaviors.

We would like your feedback or any suggestions you might have for this or future projects. Simply get in contact with a member of the resilience team.

Special points of interest:

For more information on Mental Wellness go to:

<https://www.cdc.gov/mentalhealth/learn/index.htm>

<https://www.health.state.mn.us/people/mentalhealth.html>

<https://www.mayoclinic.org/healthy-lifestyle>

National Work and Family Month by Eric Neal

October is National Work and Family Month which is very fitting for me to discuss as I am currently working on Worksite Wellness Specialist certification from National Wellness Institute. Thus far, many of the topics I've learned align closely to the goals of October National Work and Family Month.

National Work and Family Month was established by World at Work's Alliance for Work-Life Progress in 2003. The goals of the organization are to find a healthy balance between work, family, and personal life. According to National Work and Family Month; National Day Calendar (2013-2022), ways to promote this is to gather a committee to develop creative ways to promote work life alignment, including "flexibility, financial education, volunteerism, physical and mental wellness, and stress reduction".

Why should work-life balance be of importance to our leadership? Better physical health, increased productivity, and less stress. Better physical health leads to less days missed work and fewer chronic conditions. Increased productivity will ensure employees are more engaged in their work. Stress is the number one health risk factor employees face. Learning how to cope with various aspects of stress at work and home must be incorporated into your wellness strategy. To ensure you can improve your resilience requires a work life balance, which means sometimes taking a break from what you are doing and go workout or take part in an activity that will reduce your stress. This helps protect your mental and physical health and increase your productivity at work and at home.

Sources:

National Day Calendar (2013-2022) Retrieved from <https://nationaldaycalendar.com/national-work-and-family-month-october/>



Can We Prevent Domestic Violence? by Mike Sanford, VPI

Globally, violence is a major public health problem. The violence portrayed in the media and movies, on social networking sites, in music, and in video games is consistent. On any given night, we see several incidents of violence by simply watching 30 minutes of news. There is also the popularity of violent sports such as football, Mixed Martial Arts and the grandstanding professional wrestling. If you watched HBO's series *Game of Thrones*, you witnessed over 50 rapes (Aprill, 2020). Let's face it, violence sells. It sells ratings, likes, and views. There is nothing wrong with watching a contact sport or a show that has violence. However, our sensitivity to violence is weakened over time. Plus, watching glamorization of violence on a consistent basis spills into other areas of life, such as with our family relationships or at worksites.

Throughout history, patriarchy has existed and "provided the foundation for male domination and often abuse" (Tracy, 2007). It spans across all continents, is misinterpreted and thus incorporated throughout various religions and sects, and is taught both directly and indirectly to children. There are several organizations, cults, and extremist groups that advocate for violence, specifically against women and children. These organizations, cults, and groups are in our communities. And when you add in the aspect of human trafficking, it makes it even worse.

According to the National Coalition Against Domestic Violence (n.d.), nearly 20 people per minute are physically abused by an intimate partner, which equates to more than 10 million people in one year. Likewise, 1 in 15 children are exposed to intimate partner violence each year, and 90% of these children are eyewitnesses to the violence (NCADV, n.d.). This is an Adverse Childhood Experience that will last with that individual for the rest of their life. It makes them more susceptible to being abused or abusing others, addicted to alcohol and/or drugs, engaging in criminal activity and other negative behaviors, and having an increase in medical health concerns.

Preventing domestic violence is not easy, and it's complex. However, the CDC created a technical package to help communities, including military communities, to prevent domestic or intimate partner violence. They suggest using the following strategies: teach safe and healthy relationship skills, engage influential adults and peers, disrupt the developmental pathways toward partner violence, create protective environments, strengthen economic supports for families, and support survivors to increase safety and lessen harms (CDC, 2017).



Continued on next page.

If you recall from Green Dot, it's not one person doing one big thing, but rather each of us doing a little thing that shows violence is not the answer. So what can you do? Do you volunteer in your community? Do you mentor others or a child? Have you done someone a favor without them asking? Have you been a bystander and stopped something bad from happening? Each action we take, whether it's in homes, our neighborhood, or at work, it all adds up to living in a healthy environment and in turn, creates less violence. October is Domestic Violence Awareness Month. I ask that you take a moment and think about one thing, big or small, that will help prevent domestic violence. Now go do it.

References:

Aprill, M. (2020). Glamorizing Sexual Assault in Television & Film Needs to Stop. Retrieved from <https://www.dayoneny.org/blog/2020/7/30/glamorizing-sexual-assault-in-television-amp-film-needs-to-stop>.

Centers for Disease Control and Prevention (2017). Preventing Intimate Partner Violence Across the Lifespan: A Technical Package of Programs, Policies, and Practices. Retrieved from <https://www.cdc.gov/violenceprevention/pdf/ipv-technicalpackages.pdf>

National Coalition Against Domestic Violence (n.d.). Statistics. Retrieved from: <https://ncadv.org/statistics>.

Tracy, S. R. (2007). Patriarchy and domestic violence: Challenging common misconceptions. *Journal-Evangelical Theological Society*, 50(3), 573.

VetoViolence (2019). Intimate Partner Violence. Retrieved from <https://vetoviolence.cdc.gov/apps/main/prevention-information/24>

Hello October!!! Here we are, the dog-days of summer are over and we are well on to seeing the amazing color transformation. Whether you like apple crisp, acorn squash, or your favorite pumpkin spice latte, the fall foods are here and delicious. If this isn't your cup of tea (no pun intended), then maybe smores over a bonfire is or maybe taking a hike to see the colors. Okay, and let's not forget the excitement of Halloween! October is a great time of year because it is the month of cooler temps, fall foods, apple orchards, and carving pumpkins. Now is the time to get out and enjoy what fall has to offer. Take some time and reap the benefits it brings us!



Information From Military OneSource

Still not ready for winter and want to get out this fall for a hike, or a camping trip? Or maybe you can't wait for the snow to fly, and want to plan a snowboarding adventure! Here's some ideas to schedule some fun into your year.

- **America the Beautiful Passes/National Parks and Federal Recreational Lands Pass Series.** Each pass covers entrance fees at national parks and wildlife refuges as well as standard amenity fees (day use fees) at national forests and grasslands. More information: <https://www.nps.gov/planyourvisit/passes.htm> List of Locations: <https://store.usgs.gov/s3fs-public/PassIssuanceList.pdf>

- **Best Kept Secrets** is a list of places to park your RV, set up your tent or stay in a rustic cabin; apartments, bungalows, cabins and cottages at the beach.

<https://www.militaryonesource.mil/recreation-travel-shopping/recreation/tickets-tours/information-tickets-and-travel-your-key-to-fun> Booklet: <https://www.militaryonesource.mil/products/best-kept-secrets-joint-services-campgrounds-and-facilities-910/>

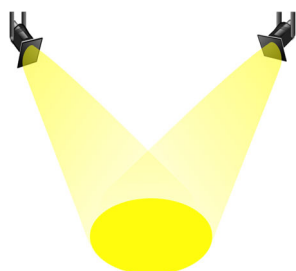
- **Information, Tickets and Travel (ITT) office**

Each branch has its own ITT office for discounts on resorts, renting equipment and camping gear, including RVs. Check out Military OneSource for more information and specific details for each branch. Note: You do not need to be near an ITT office, call the one closest one listed for support. www.militaryonesource.mil/recreation-travel-shopping/travel/travel-resources

- **Avoid Travel Stress and Save Money With a Staycation** this article highlights the possibilities of discovering your local area and doing the fun things that you may not have considered: <https://www.militaryonesource.mil/recreation-travel-shopping/travel/travel-planning/avoid-travel-stress-and-save-money-with-a-staycation/>

- **Military Benefits 2022** veterans and military discount list of hundreds of companies that offer military discounts to service members, retired military, veterans, spouses and their families. <https://militarybenefits.info/military-discounts/>

Check out these and other discounts, offers, and suggestions at www.militaryonesource.mil



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 domestic violence or intimate partner violence. The hotline can also be used for general information about DV/IPV. The hotline's website has information on various topics relating to DV/IPV, 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 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:
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!

Physical Resilience—will:

Improve productivity and energy Sharpen focus and
attention Enhance mood

How to use the skill:

Create strong sleep habits

Set values-based goals for your physical resilience

What aspect do you want to strengthen? Why is that important to you?

What will you do in the next 24 hours? Two weeks? Three months?

What obstacles will you encounter? How will you overcome them? Revisit
your goals as needed



RESILIENCE