



**934TH AIRLIFT WING**

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# **Prevention Connection: Building a Healthy Community**

**September is Suicide Prevention Awareness Month—  
Please help each other and if you are struggling it's a  
sign of strength to get help, not weakness.**

**Suggestions on how to live a happy and rewarding life:**

- Take time to smell the roses.
- Take a nap on a Sunday afternoon.
- Drink 8 glasses of water a day.
- Never deprive someone of hope, it might be all the have.
- Be thankful for every meal.
- Don't be afraid to say I'm sorry.
- Don't take good health for granted.
- Don't interrupt.
- Don't tailgate.
- Improve your performance by improving your attitude.
- Wave at children on the bus.

**Special points of interest: For more info on  
preventing suicide go to:**

[www.cdc.gov/violenceprevention/suicide](http://www.cdc.gov/violenceprevention/suicide)

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

<https://save.org>

<https://www.dsapo.mil>

**“Even the darkest  
night will end and  
the sun will rise.”**

**~ Anonymous**

## **Suggestions on how to live a happy and rewarding life (cont.):**

- Listen to your children.
- Leave everything a little better than you found it.
- Leave the toilet seat in the down position.
- Keep it simple.
- Keep good company.
- Keep your promise.
- Be kinder than necessary.
- Take good care of those you love.
- Make it a habit to do nice things... for people who will never find out.
- Wear outrageous underwear under the most formal business attire.
- Vote.
- Judge your success by the degree that you're enjoying peace, health and love.
- Be a good loser.
- Be a good winner.
- Be romantic.
- Live so that when your children think of fairness, caring, and integrity... they think of you.
- Enjoy real maple syrup.
- Never refuse homemade brownies.
- Never give anyone a fruitcake.
- Remember other people's birthdays.
- Sing in the shower.
- Don't nag.
- Don't gossip.
- Don't expect money to bring you happiness.



## **Suggestions on how to live a happy and rewarding life (cont.):**

- **Be forgiving of yourself and others.**
- **Never give up on anyone... miracles happen every day.**
- **Say thank you a lot.**
- **Say please a lot.**
- **Take your dog to obedience school... you'll both learn a lot.**
- **Slow dance.**
- **Don't rain on other people's parades.**
- **Don't postpone joy.**
- **Don't blame others. Take responsibility for every aspect of your life.**
- **Take care of your reputation. It's your most valuable asset.**
- **Count your blessings.**
- **Whistle.**
- **Marry only for love.**
- **Call your mother. Call your father.**
- **Do more than is expected.**
- **Be someone's hero.**
- **When you care about others...**
- **When you reach out to others...**
- **When you give of yourself to help others... you make a difference.**

**Source: United Way, YouTube: <https://youtu.be/rNkXVkJqJgY>**



**“It is not what you look at  
that matters, it is what you  
see.”**

**~ Henry David Thoreau**

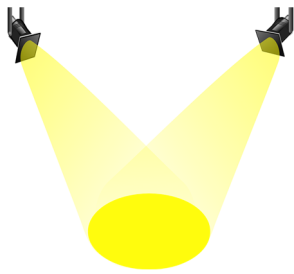
## **It's a Wonderful Life by Ch. Cooper**

**It's a Wonderful Life was a Frank Capra film made in 1946 starring the Air Force's own, Jimmy Stewart. Although not intended as a Christmas movie, 70 plus years later it remains one of the most watched movies at Christmas. The story is about George Bailey, a man who was determined to leave his boring home town and make his mark on the world. However, because of a series of family events he ends up spending his life "stuck" in his family's business, never fulfilling his dream.**

**Eventually he is driven to despair by circumstances and ready to give up when he is rescued by an angel who gives him the opportunity to see how different life would be had he never been born. He sees for the first time how many people were impacted by his seemingly mundane existence. He learned how his influence on a life was multiplied as that person in turn impacted others. Lives were saved, homes established, families given new beginnings; the ripple effect changed the entire town. What George thought was a wasted life ended up being rich and rewarding. He just needed someone to help him see how wonderful his life really was.**

**The reason the movie still resonates generations later is because it speaks to our universal desire for significance, to know that we make a difference, that our lives have value. George's life is everyone's life-we have value, we make a difference, we just don't always notice it. The Bible affirms that every human being is made in the image of God and possesses infinite value. The movie shows what that looks like as one touches the lives of others and they in turn touch others. In the loudest voice possible, it shouts "You Matter! You make a difference!"**

**As despair, disappointment and depression knock on our doors during this trying time in our nation's history, this message is needed more than ever. As George's circumstances threatened to ruin him, so too our circumstances sometimes threaten to undo us. Like George, that is when we need to realize just how many lives each of us has impacted and still do. And like George, we would be truly amazed if we knew the numbers. However, unlike George, we probably won't get to see all the lives we influenced. But that doesn't matter. They are real and you make a difference. You matter more than you will ever know. You are significant beyond measure. The life you and I have been given truly is wonderful.**



## Resource Spotlight

**Suicide Prevention Hotline (1-800-273-8255, Press 1)** - The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. The Lifeline is comprised of a national network of over 150 local crisis centers, combining custom local care and resources with national standards and best practices.

### ***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!**



Better Stop Suicide© app is designed to help people who might have suicidal thoughts. Essentially, you “press your own stop button” if suicidal thoughts are present. Some of the key features include: calming audio files, key phone contacts, gratitude checklist, built-in alarm clock, better sleep audio file, emotional needs quick check, helpful tasks to feel better, and records life-saving message. The majority of the app is to “help calm and slow your mind, and to help use your thinking brain”.

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