

C-SH2FT

The Health and Wellness Division Newsletter



DREEM SLEEP PROJECT

By harnessing the power of technology and data analytics, individuals can embark on a journey of self-discovery, unlocking the secrets to restorative sleep and optimal well-being. The OKNG H2F Team has partnered with the Utah National Guard in a multi-state sleep project to uncover sleep trends within the National Guard. Currently, the sleep project is open to all Full-Time AGR, ADOS, and T32; the project will expand to our MDAY Service members in TY25. Service members participate in a 3-step process to learn about their sleep patterns, while wearing the DREEM 3 sleep headband, a wearable device that tracks sleep metrics.

Sleep is a fundamental biological necessity for optimal cognitive function, physical health, and psychological well-being. With the high demands of military service, it is paramount for our Service Members to maintain their sleep readiness. Unfortunately, sleep issues are a significant challenge that negatively impact military personnel. For National Guard Service Members understanding sleep patterns are increasingly difficult due to our military and civilian status.

Moreover, uncovering trends in sleep readiness can unveil underlying issues that may contribute to sleep disturbances. Whether it is excessive screen time before bed, poor sleep hygiene practices, or undiagnosed sleep disorders, recognizing patterns allows for proactive interventions and lifestyle modifications.

In conclusion, sleep readiness stands as at the cornerstone of health and performance. By embracing the quest for understanding and uncovering trends, we pave the way for a future where restorative sleep is not a luxury but a fundamental human right. With the guidance of the H2F Team, we can change the culture toward better sleep, better health, and a better quality of life.

Upcoming Events

Guard Dog Soccer
Thursday Nights

H2F - I Course
July 14 - 24

H2F - I Course
August 11 - 21

MRT Course
July 14 - 26

Summary

- **DREEM Sleep Project**
- **R3SP**
- **Health Tip: Summertime Physical Activity**
- **Resources & Event Info**
- **Trivia**



RESILIENCY RISK REDUCTION & SUICIDE PREVENTION

HEALTH TIP: SUMMERTIME PHYSICAL ACTIVITY

Resilience Myth	Resilience Fact
Never show emotion	Regulate emotion
Only about the individual	About individuals and relationships
Must handle everything on your own	Asking for help is a resilient strategy
Always act fast	Know when to slow down
Always fully composed	Not always pretty
Have it or you don't	Everyone can develop it
Resilient people never burn out	Rejuvenation fuels resilience

As the weather begins to heat back up, there are several ways you can become more active without a gym!

- Walk/Jog around the neighborhood
- Bike around town
- Go to the dog park
- Gardening
- Join a sports league
- Hiking
- Swimming

The mission of the R3SP is to motivate service members and dependents to maintain physical, emotional, spiritual, and psychological wellness through the enhancement of life skills. The R3SP promotes suicide awareness, crisis intervention training, and resiliency skills training while reducing the stigma associated with seeking help during times of hardship or suicidal crisis.

The benefits of activity are endless! This summer, exceed your limits, and create a healthier lifestyle for you and your family!

This program strives to increase the resilience of our force and decrease the rate of suicide within the OKNG by working with internal and external resources. Through Resilience and Suicide Prevention training, Service Members and their families learn how to identify those at risk of suicide and how to assist them. The prevention of suicidal behaviors begins with personal resilience combined with knowledge of at-risk identifiers.



Currently, the OKNG has 48 out of 51 reportable Master Resilience Trainers and ranks 10th in the nation for resilience training. Upcoming in FY25, the R3SP program will continue to enhance resiliency training.

RESOURCES & EVENT INFO

R3SP: CPT Mark Wrenn
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Want to learn more about our various resources or upcoming events?
 Scan the QR Code for more information!

TRIVIA QUESTIONS

What is putting your needs first and caring for yourself?

- a. Self-Care
- b. Motivation
- c. Selfishness
- d. Neglect

Which is an example of Spiritual Self-Care?

- a. Eating Healthy
- b. Sleeping 7-9 Hours
- c. Participating in Cultural Activities
- d. Having coffee with a friend

Which is an example of Physical Self-Care?

- a. Reading
- b. Prayer
- c. Spending time with friends
- d. Dancing