

C-SH2FT

The Health and Wellness Division Newsletter

SPIRITUAL FITNESS: HALLELU-LU IS THE SOLULU



The song "The Spark" by Kabin Crew has become my anthem this summer, perfectly capturing my mission as an Army Chaplain—to help others find their "spark", or sense of purpose. This is especially crucial as more young adults struggle with mental health crises, often turning to chaplains when they are at their lowest. The song's lyrics, while simple, echo the core of spiritual fitness: discovering the energy to live fully despite life's challenges.

I think that song plays on repeat in my mind because I help people find their spark through spirituality. Whenever a person comes to me for pastoral care, it is because they are living life without their spark. They don't know who they are, what they are supposed to do, or where they should go. My job as a chaplain is to counsel them as they find that thing that makes their heart strangely warm.

Dr. Lisa Miller's research supports this, showing that spirituality, whether religious or not, plays a vital role in mental resilience. It provides a sense of purpose and a support system, essential for overcoming hardships. As chaplains, we guide individuals to find their spark through connection, practices, and community, helping them transform suffering into grace. The message of "The Spark" is a powerful reminder that this mission is shared by all soldiers, not just chaplains.



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Upcoming Events

Suicide Prevention Month

September 1-30



Oklahoma's Fallen Heroes 1/2 Marathon

(Can register day of)

September 24



Marriage Retreat Tulsa

September 27-29



Fresh Food Market @ 137 SOW Food Pantry

November 2



Scan the QR Code for more resource and event information!



Back to School Tips for Service Members

Classes: Use a planner for assignments and tests. Schedule dedicated study times to stay organized and reduce stress.

Fitness: Aim for a few gym sessions or walks on campus each week. Physical activity helps with fitness and stress relief. Check for free group fitness or yoga classes.

Nutrition: Eat at least two homemade meals daily with light snacks. A healthy diet supports mood and memory, especially while studying.

Alcohol: If you drink, plan ahead to reduce risks—eat well, alternate with non-alcoholic drinks, and arrange safe transport. Avoid drinking before tests or assignments.

Support: Utilize college resources like tutoring, counseling, resume help, and wellness centers.

STUDY PLAYLISTS

Stay focused with relaxing background music like classical, ambient, lofi, and movie compositions!

[Lofi Hip Hop](#)



[LOTR|The Shire-Music and Ambience](#)



[Classical Music for Reading](#)



Sparkling Apple Cider Mocktail

- Ingredients**
- ½ cup of apple cider
 - ½ cup cranberry seltzer water
 - 1 teaspoon ground cinnamon for rim
 - 2 tablespoons sugar mixture for rim
 - Apple slices and cinnamon stick for garnish
 - Ice

•For sugar rim, add sugar and cinnamon to a small plate and mix. Dip the rim of the glass in water, then roll the rim in sugar mixture. Next, fill glass with ice and combine apple cider and cranberry seltzer water. Stir gently with a cinnamon stick, garnish with freshly sliced apples.

Apple Cider Old-Fashioned Mocktail

- Ingredients**
- 2 oz chilled black tea
 - ¾ oz apple cider
 - ½ oz simple syrup
 - 3-4 dashes orange bitters
 - 2-3 dashes aromatic bitters
 - Ice
 - Cinnamon stick and apple wedge for garnish

• In a mixing glass, add ice, black tea, apple cider, simple syrup, and bitters. Stir rapidly to chill, and strain into a glass with fresh ice. Garnish with cinnamon stick and apple wedge.

Apple Ginger Fizz Mocktail

- Ingredients**
- 3 oz non-carbonated apple cider
 - 1 oz freshly squeezed lime juice
 - 6 mint leaves, to taste
 - 1 teaspoon apple cider vinegar
 - 3 oz ginger ale
 - Pinch of ground cinnamon
 - Ice

•Lightly press the mint to release the scent. In a cocktail shaker add ice, apple cider, lime juice, mint leaves, apple cider vinegar, and cinnamon. Shake for 20-30 seconds. Pour into an ice filled glass and top with ginger ale. Garnish with mint, dried citrus or a cinnamon stick.

PREVENTION TIPS re·spon·si·ble drink·ing (noun)

1. Knowing your alcohol limits and sticking to them. Not just legal limits - but personal limits too.

2. Having control over how much alcohol you drink to protect yourself and those around you.

Own Your Limits | Drinking Responsibly in the U.S. Military

