



The Health and Wellness Division Newsletter

DO WINTER MONTHS AFFECT YOUR “SUNNY” OUTLOOK?

Seasonal depression and holiday stress are common phrases spoken during the winter months. Although neither of these terms are true medical diagnoses, taking care of your mental health is essential. With the change in weather, less access to daylight, and additional stress surrounding the holidays, individuals often forget to prioritize their mental health.

If you are feeling symptoms of fatigue, depression, hopelessness, and social withdrawal, there are many ways to help manage these symptoms. Setting realistic expectations, making and keeping fun plans with friends and family, and seek healthy habits concerning nutrition and exercise, are common coping mechanism during this time of year. Also, please remember it is always ok and encouraged to ask for help and support.

Ways to Combat Depressive Symptoms



Get Exercise



Seek Sunlight



Get Enough Sleep



Eat Healthy



Get Connected

Some common signs and symptoms that you can be on the lookout for include constant oversleeping, appetite change (especially craving foods of high carbohydrates), weight gain, tiredness, low energy, emptiness, agitation, and mood swings. Remember to check in with your family, friends, and fellow service members during this time. Professional help is available and accessible.

-Dr. Gwendolyn Johnson, Ph.D, LPC-S, BHP

If you are having signs and symptoms of mental health issues, please take care of your mental health. If you need assistance with locating a mental health facility. Please contact the Behavioral Health Specialist in your area or dial 988, plus 1.

**Central location: 405-228-5323
Western location: 405-350-4651**

STAR Behavioral Health Providers



In This Edition:

- “Sunny” Outlook
- Events & Resources
- Connectedness & The Holidays
- Exercise
- Programing Basics
- OKNG Assistance

Upcoming Events

Tulsa Marriage Retreat



February 14-16

OKC Marriage Retreat



February 14-16

Fresh Food Market @ 137 SOW Food Pantry



March 1



Scan the QR Code for additional resources and information!



Connectedness & The Holidays



Connectedness measures the perception of closeness to a group and satisfaction with one's relationship to others in the group. The holiday season provides us a unique opportunity to reinforce these connections. While this may be a joyous time for many, it can also intensify feelings of loneliness for those away from loved ones or those facing personal challenges. Leaders can play a pivotal role in fostering an inclusive and supportive environment.

This can be accomplished in several ways:

1. Organizing Team Gatherings
2. Encouraging Peer Check-Ins
3. Creating Opportunities for Shared Moments

Each year, service members take the Defense Organizational Climate Survey (DEOCS). Our Integrative Primary Prevention Workforce uses this survey to measure the climate and culture of the organization. This past year we had approximately 50% of the OKNG complete the survey. Of those participants, 78% reported high connectedness within their units! This serves as one of our protective factors within the OKNG. Higher connectedness is linked to improved readiness, higher retention, and a lower likelihood of suicide.

Connectedness should be practiced throughout our daily routines; however, there is a need for special emphasis during the heightened emotional period of the holiday season. Increasing connectedness improves our organizations resiliency and creates a culture of trust and mutual support that not only increases our readiness but also saves lives.

Variables Based on the Training Goal

Training Goal	Load (%1RM)	Goal Repetitions	Sets	Rest Period
Strength	≥85	≤6	2 to 6	2 - 5 min
Power				
Single-Effort Event	80-90	1 to 2	3 to 5	2-5 min
Multiple-Effort Event	75-85	3 to 5	3 to 5	2- 5 min
Hypertrophy	67-85	6 to 12	3 to 6	30 s to 1.5 min
Muscular Endurance	≤67	≥12	2 to 3	≤30 s

Types of Aerobic Endurance Training

Training Type	Frequency per Week	Duration (work bout portion)	Intensity
Long, slow distance (LSD)	1 to 2	Race distance or longer (~30 to 120 minutes)	~70% of VO2max
Pace/Tempo	1 to 2	~20 to 30 minutes	At the lactate threshold; at or slightly above race pace
Interval	1 to 2	3 to 5 minutes (with a work:rest ration of 1:1)	Close to VO2max
High-intensity Interval training	1	30 to 90 seconds (with a work:rest ration of 1:5)	Greater than VO2max
Fartlek	1	~20 to 60 minutes	Varies between LSD and pace/tempo training intensities

American College of Sports Medicine (ACSM)

FITT Principle

	Frequency	Intensity	Time (incl rest)	Type
Cardiovascular ACSM Guidelines 2012	5 days per week 3 days per week	Moderate: 12-13 RPE Vigorous: 14-17 RPE	≥150 mins (accumulated) per week >20 min per day 3 days per week	Rhythmic activity using large muscle groups Cycling, Running, Aerobics
Strength (Novice) ACSM Guidelines 2009	3 to 4 days per week	60 to 70% 1RM 8 to 12 Reps 1 to 3 Sets	2 to 3 mins	Free weights, Resistance Machines, Dyna-bands
Strength (Intermediate) ACSM Guidelines 2009	4 to 6 days per week	60 to 70% 1RM 8 to 12 Reps 1 to 3 Sets	2 to 3 mins	Free weights, Resistance Machines, Dyna-bands
Strength (Experienced) ACSM Guidelines 2009	2 to 3 days per week	≥ 80% 1RM 1 to 12 Reps 3+ Sets	2 to 3 mins	Free weights, Resistance Machines, Dyna-bands
Local Muscular Endurance ACSM Guidelines 2009	2 to 3 days per week	40 to 60% 1RM 15 to 25 Reps 1 to 2 Sets	<90 secs	Free weights, Resistance Machines, Dyna-bands
Flexibility ACSM Guidelines 2009	2 to 3 days per week	2 to 4 reps per Muscle Group Hold to mild discomfort	Hold for 10 to 30 secs (Static)	Static, Active, Dynamic, etc.

Kickstart your New Year's resolution with a simple training plan! Use these principles and charts to build a routine that fits your goals. Start small, stay consistent, and watch your progress take off!

For more guidance and information check out the official H2F Website!



RESOURCE

DO YOU OR A FAMILY MEMBER HAVE A GENERAL WELLNESS ISSUE AND NEED ASSISTANCE? SCAN THE QR CODE!



OSU - FUELING YOUNG HEROES

INTERACTIVE 4-WEEK NUTRITION PROGRAM FOR CHILDREN AGES 5 TO 7! FOR MORE INFORMATION SCAN THE QR CODE!

