

# C-Shift

The Health and Wellness Division Newsletter



## MEET YOUR HEALTH AND WELLNESS TEAM

The Health and Wellness Division encompasses four major sections: Integrated Primary Prevention Workforce (IPPW), Behavioral Health (BH), Resiliency, Risk Reduction, and Suicide Prevention (R3SP), and Holistic Health and Fitness (H2F).

R3SP Lead: CPT Mark Wrenn, The Resiliency, Risk Reduction, and Suicide Prevention Program Coordinator. (Far Left)

H2F Lead: CPT EJ Johnson, The Holistic Health and Fitness State Coordinator. (Middle Left)

Division Lead: COL Lindy White, the Joint Resiliency Director. (Middle Right)

IPPW Lead: Brittney Criswell, the Integrative Primary Prevention Officer. (Far Right)

Behavioral Health Lead: Dr. Gwendolyn Johnson, Behavioral Health Specialist. (Not Pictured)

Our division's mission is to enhance the overall well-being and readiness of our Oklahoma National Guard Service Members! The Health and Wellness Division is committed to providing comprehensive programs and support through proactive initiatives, education, and personalized care. We aim to foster a culture of physical and mental resilience, ensuring our service members thrive both on and off duty.

Our team utilizes metrics to identify areas of improvement such as resiliency and physical wellness within our fighting force. Through this approach, we can tailor and implement targeted programs to enhance unit readiness and mission success both at home and abroad.

As a division, our commitment goes beyond numbers and metrics. We genuinely care about each person within our military family. The health of each Guardsmen is our number one priority. Together we will create a healthy culture within our Oklahoma National Guard.

## Upcoming Events

### 70-Day Wellness Challenge

January 2 - March 17

### Comprehensive Health and Wellness Course

March 4-8

### TAG Wellness Day

May 7

## Summary

- Meet Your Health and Wellness Team
- 2023 in Review: Our Wins and Milestones
- 2024 Efforts and Outlooks
- Health Tips: SMART Goals
- Trivia



## 2023 IN REVIEW: OUR WINS AND MILESTONES

Let's take a look at what our team has accomplished this past year!

- New Team Members!
  - Each team has highly motivated staff to expand our capabilities and potential.
- Our Master Resiliency Trainer Numbers are GREEN!
  - The next goal is 100%; let us complete it together!
- OKNG H2F ranked in the top percentile among National Guard H2F Programs!
  - Oklahoma ranked 1/25 to receive funding from the National Guard Bureau.
- Wellness Center Progression
  - The wellness center team established the location and completed the pre-planning phase for design, space, and optimization!

## 2024 EFFORTS AND OUTLOOKS:

During this next year, the health and wellness team will work diligently to provide resources, trainings, and more to our force. This year our main goal is to initiate a “culture change” to help our OKNG service members establish healthier habits and lifestyles.

Some projects/initiatives for this year:

- “The Vanguard” Team
  - A team of highly motivated leaders that volunteer to assist generate the culture change within our Oklahoma National Guard!
- 70 Day Wellness Challenges
  - Push the limits of your own health by sticking to a unique schedule for 70 days with accountability from peers.
- Unit Trainings
  - Our team will provide our own OKNG with interactive trainings to improve their holistic health knowledge!
- Establish Baseline Metrics
  - Our teams will work to identify patterns within the ranks of the OKNG to better provide for the needs of our service members!

## Trivia Questions

**How many hours of sleep should the average adult receive?**

- a. 4 - 6 Hours
- b. 7-9 Hours
- c. 8-10 Hours
- d. 9-10 Hours

**How many calories are in one gram of protein?**

- a. 4
- b. 5
- c. 7
- d. 9

**How many minutes should you exercise per week?**

- a. 60
- b. 90
- c. 120
- d. 150

## Health Tips: SMART GOALS

Starting off 2024 with a fresh mindset and renewed determination! The possibilities for change are endless, but they can seem unattainable without the proper roadmap. To help you stick with your new year's resolutions, here is how to set SMART Goals.

**Specific** - Clearly define your goals; state what you want to achieve.

**Measurable** - Establish concrete criteria to track progress.

**Achievable** - Set realistic and attainable goals to ensure success.

**Relevant** - Ensure your goals align with your values and larger objectives for personal growth.

**Time Bound** - Set deadlines to create a sense of urgency.

By providing a structured framework to your goals, it can enhance motivation and direction! Best of luck with your new year's resolutions!

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| S | <b>Specific</b><br>Clearly State your Goal                        |
| M | <b>Measurable</b><br>Ensure you can Measure Success               |
| A | <b>Attainable</b><br>Set Goals you know you can Achieve           |
| R | <b>Relevant</b><br>Set Goals Relevant to your Career or Education |
| T | <b>Time-Based</b><br>Set a Deadline for Completion                |