

C-SH2FT

The Health and Wellness Division Newsletter

THE HOLISTIC HEALTH ASSESSMENT

This past year, the Holistic Health and Fitness (H2F) team's primary goal was creating awareness about H2F. Moving into FY25, our principal effort is establishing a baseline metric for the Oklahoma National Guard's Health Culture! The National Guard Bureau has created a 75-question Holistic Health Assessment designed to evaluate service members' knowledge, habits, and overall well-being across the five domains of the H2F Program: **Physical, Mental, Nutritional, Spiritual, and Sleep Readiness.**



HOLISTIC HEALTH ASSESSMENT

CONTACT INFORMATION :

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ASSESSMENT INFORMATION:

Test Your Knowledge On:

- Physical Training
- Nutrition Planning
- Sleep Habits
- And More!

Along with health information, this assessment also provides valuable insight into unit moral, offering our team a snapshot of how the unit functions together and the collective well-being that impacts readiness. By identifying these issues, H2F supports leaders addressing underlying problems that impacts performance, cohesion, and/or retention.

Evaluating both individual and unit data allows the H2F Team to identify weaknesses in specific areas and develop targeted strategies to strengthen the overall health of the force. This tool serves as an essential component in building a healthier, more efficient fighting force.

The Holistic Health Assessment will be available to individuals at their Medical Readiness Events during Drill Weekends.

In This Edition:

- The Holistic Health Assessment
- Events & Resources
- Evaluating Sleep
- Substance Abuse & Domestic Violence
- Trivia

Upcoming Events

Family Programs Trunk or Treat
October 26



Breast Cancer Awareness Month
October 1 -31



Fresh Food Market @ 137 SOW Food Pantry
November 2




Scan the QR Code for additional resources and information!



EVALUATING YOUR SLEEP

Do you wake up feeling tired no matter how much you sleep?
Try these 5 Tips to help improve your sleep!


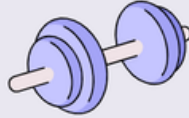


1. Limit Alcohol Before Bed

Although alcohol can make you feel sleepy, it decreases the amount of time you are in deep sleep, causing you to get lesser quality of sleep.

2. Be Consistent

Going to bed and waking up at the same time everyday can help stabilize your circadian rhythm, helping you fall asleep faster.






3. Exercise

Exercise can decrease the time it takes to fall asleep and allows your body to spend more time in deep, restorative sleep.

4. Decrease Screen Time Before Bed

When you get into bed, try to set your phone on the night stand and turn off the TV. When using your bed for anything other than sleep, your brain correlates your bed with those activities.

5. Set the Mood

Light, noise, and temperature can impact sleep quality. Ideally, bedrooms should be quiet, dark, and cool.

Still needing assistance with your sleep? Reach out to your H2F Team to get tailored advice that can help you get better sleep sooner!

TRIVIA QUESTIONS

SUBSTANCE ABUSE & DOMESTIC VIOLENCE

October marks two significant observances: Domestic Violence Awareness Month and Substance Abuse Prevention Month. These two critical issues can exacerbate each other, creating complex and dangerous situations for those involved. While substance use does not directly cause domestic violence, it can amplify it. Being under the influence of any substance greatly increases the chances of abusive behavior. When someone is inebriated with drugs or alcohol, they are likely to release control of their inhibitions. Nearly 80% of domestic violence crimes are related to the use of [alcohol] or drugs.

If you would like to learn more about the correlation between these two issues, read the full article here:



Oklahoma National Guard Assistance:



State Resources:

Oklahoma Safe Line:
1-800-522-7233

Oklahoma Substance Abuse Assistance
OKIMREADY.org

Humans spend _____ of their life sleeping.

- a. 1/2
- b. 1/3
- c. 1/4
- d. 1/8

What is the standard size drink of a beer?

- a. 8 oz
- b. 10 oz
- c. 12 oz
- d. 16 oz

True/False: Oklahoma has high rates of Domestic Violence.

- True
- False