

# SOUTH CAROLINA NATIONAL GUARD

## HOLISTIC HEALTH & FITNESS



South Carolina  
National Guard

# H2F

Suicide Prevention  
Month



## NEWSLETTER



SEPTEMBER 2023 Edition



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## September is Suicide Prevention Month



The SCNG has a highly qualified team that provides free mental health resources, to include suicide prevention. Just scan the QR code to see how you can benefit from these resources!

If you need immediate assistance with your mental health, please call National Suicide and Crisis Hotline at 988, 911, the SCNG 24/7 Behavioral Health Care Line at 1-800-681-2558, or the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).



**Mental readiness** is the ability to meet the mental demands of any combat or duty position, adapt successfully in the presence of extreme risk and adversity to accomplish the mission.

*The act of smiling triggers brain chemicals related to positivity, even when the smile isn't genuine, a recent study says.*

"Life is short. Smile while you still have teeth"

Hunt the Good Stuff to counter the Negativity Bias, to create positive emotion, and to notice and analyze what is good.

**Master Resilience Training Skills**

**Hunt the Good Stuff**

Record three good things each day and write a reflection:

- Why this good thing happened
- What this good thing means to you
- What you can do to enable more of this good thing
- What ways you or others contribute to this good thing

<https://armyfit.army.mil/>

## HUNT THE GOOD STUFF

Every day this month, try to find even three small good things that you have in your life. Having an excellent cup of coffee, not hitting traffic on the way to work, or enjoying a conversation with a coworker are all small parts of a day we can appreciate. If you would like to write them down, you can use the "Hunt the Good Stuff" worksheet found by scanning the QR Code or follow the [link](#).



**Sleep readiness** is the ability to recognize and implement the requisite sleep principles and behaviors to support optimal brain function. When defining **Spiritual Readiness**, we work to develop personal qualities that are needed when we are in stressful, tragic, and trying situations. The qualities are built through religious, philosophical, and human values.

### Spiritual Thought of the Month:

**FM 7-22 (10-17)** identifies the importance of having a set of morals that guides right from wrong. In your own life, what is your foundation for discerning right from wrong? Do you find that your belief system is an effective basis for moral and ethical reasoning?

**TAKE IT FURTHER:**

Journal your answer to the following question:  
 ⇒ What is my purpose?  
 Every day this month, note if your daily activities reflect

what you perceive is your purpose.



#### THE VALUE OF SPIRITUALITY

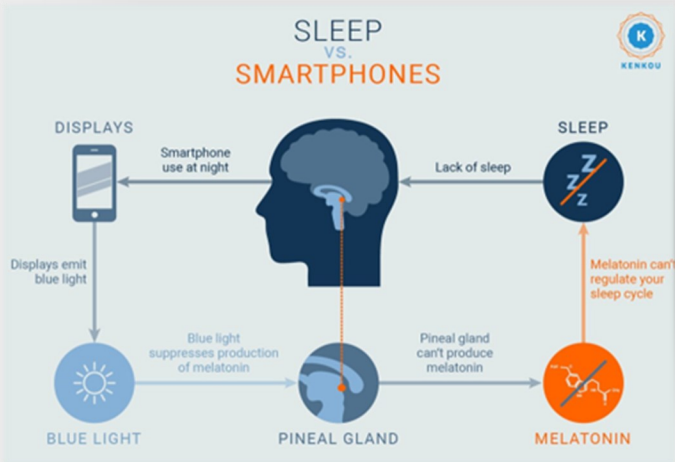
The 25 year-old brain is still developing, lacks resilient social skills, and is fragile when coping with failure and disappointment

Spirituality is the most robust protective factor against:

- ⇒ **Suicidality (50-80%)**
- ⇒ **Major Depressive Disorder (60%)**
- ⇒ **Risk-taking (70%)**
- ⇒ **Substance dependence and abuse (80%)**

To put this in perspective, a 10% protective factor allows FDA to approve a medication

### Sleep Facts of the Month:



*See what the CDC says about cellphone usage and sleep!*



[fiftyandfab.co.uk/blog/sleep-insomnia-and-blue-lights](https://fiftyandfab.co.uk/blog/sleep-insomnia-and-blue-lights)





**Physical Readiness** is the ability to meet the physical demands of any duty or combat position, to accomplish the mission in a agile and lethal way. **Nutritional Readiness** is the ability to select the right food and drinks that will give you the energy needed to complete

any of the physical  
and non-

## SCARNG PT

Current guidance regarding  
PT hours for full-time SCARNG



## ABCP Update

Get the latest guidance on ABCP  
Doctrine and Procedures



## Workout of the Month

988 is the new Suicide Prevention Hotline Number. To help you remember that, here is a **988** workout:

### Body Weight 3 Sets

9 HRP's  
8 Plank Jacks  
8 Shoulder Taps (each shoulder)  
9 Air Squats  
8 Reverse Lunges (each leg)  
8 High Knees (each leg)  
9 V Ups  
8 Crunches  
8 Heel Taps (each heel)

### Gym Work 3 Sets

9 Bench Press  
8 Shoulder Press  
8 Curls (each arm)  
9 Squats  
8 Leg Extensions  
8 Calf Raises  
9 Machine Crunch  
8 Russian Twist (weighted)  
8 Reverse Crunch

## Nutrition Tip for the Month

### Mindful Eating

"Paying attention to how you feel when you eat, and what you eat, is one of the first steps in making sure you're getting well-balanced meals and snacks." Here are a few Healthy Eating Tips: "Steer clear of processed foods, such as potato chips" and "develop a healthy shopping list and stick to it", and "Don't shop while hungry". For more information regarding healthy eating and mental health see the article below to ["Eating Well for Mental Health"](#).



### Have any questions about H2F?

Scan the QR code to get in contact with

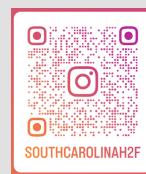
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