



# CONNECTION IN FOCUS

Resilience, Risk Reduction and Suicide Prevention in Focus

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## Weathering Winter's Wrath

Winter storms can bring extreme cold, freezing rain, snow, ice and high winds. These storms can lead to hazardous driving conditions, as well as physical hazards such as hypothermia, frostbite, carbon monoxide poisoning and heart attacks from overexertion. Preparing your residence and vehicle for winter storms is essential to overall safety. Insulating your home, caulking and weather stripping not only keep the cold out of your home, they can save you money on utilities as well. Test smoke alarms and carbon monoxide detectors, and consider purchasing a carbon monoxide detector if you don't already have one. When the threat of a storm is in the forecast, ensure that you have food and supplies for at least a week. Keep flashlights handy in case of power outage. Keep an emergency supply kit for your car. You should have jumper cables, sand, flashlight, warm clothes, blankets, bottled water and non-perishable snacks in case you become stranded. Additionally, you should keep your vehicle's gas tank full. Preparedness can make all the difference in the event of an emergency!

## New Year, New Goals

Every new year brings the possibility of a fresh start and the potential for new healthier habits. Knowing how to set goals and move towards achieving them is the key to success. WOOP is a behavior modification technique that can help you be healthier, change behaviors, and even improve academic performance. Wish - pick something that you would like to address in the next 4 weeks. Make sure it is challenging, but attainable then summarize in 3-6 words. Outcome - take a few minutes to visualize what it would feel like to achieve your wish. Clearly picture it and then summarize in 3-6 words. Obstacle - identify the main inner obstacle (emotion, irrational belief, bad habit, etc) and visualize it for a few minutes then summarize in 3-6 words. Plan - how do you overcome these obstacles? Visualize yourself overcoming these obstacles based on your plan. Summarize in 3-6 words. WOOP only takes a few minutes and can be done daily. With practice your brain will automatically go to the plan you created to overcome obstacles that you face.

Living a healthy lifestyle not only involves diet and exercise. You must also take care of your emotional, spiritual and mental health as well. Sometimes obstacles come up that you are unprepared for. Giving yourself credit for the accomplishments that you have made is important to being able to progress towards your goal. If needed set smaller goals that lead to a larger goal. Being specific and visualizing a positive outcome can not only bring you success, but can also lead to improved mental, emotional and spiritual well-being!

<https://www.armyresilience.army.mil/ard/R2/Goals-Settings.html>

NEARNG Warrior and Family Support - <https://ne.ng.mil/FPO>

## Lethal Means Safety

Ensuring the safety of our family is a primary focus for most parents. We baby proof the house with gates and outlet covers, we teach our children not to play with knives or fire and even limit access to these items. We take note of the types of friends our children have and monitor who they interact with online and teach them not to talk to strangers. All of these things are done to PROTECT them from making decisions that could be dangerous to their health.

Promoting lethal means safety is no different. Putting mechanisms in place to provide obstacles to PROTECT from making decisions that may be dangerous is essential when lethal means are present in the home. Lethal means safety is essential especially when either yourself or a family member is in emotional distress.

Medication Safety - locking up medication is a good way to reduce the potential for accidental ingestion or inappropriate use of medication. Getting rid of expired medication, or medication that you no longer use also reduces the potential for inappropriate use. Additionally, keeping only the minimum amount of medication necessary, or non-lethal amounts of medications in the house can reduce likelihood of death in the event of accidental or inappropriate use.

Firearms Safety - teaching family members how to use a firearm (check to see if loaded, round chambered, on safe, don't point at people, finger off trigger, etc) is important for anyone with a personally owned firearm. Additional safety considerations that should be used include, gun safes, cable locks, and trigger locks. Keeping magazines and ammunition stored separately from firearms can also add valuable time and limit accidental discharges. If someone in your home is in emotional distress, storing weapons outside the home is also a healthy choice.



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