

Mental Health Newsletter

How Do You Manage Your Stress?

Col Jones:

"Having a lot of things to do can be overwhelming and is stressful for anyone. Pacing and priority is key. Take a few minutes to think through what needs to be done for the week. Prioritize your tasks with a realistic plan that fits your schedule. Then, it's important to be disciplined about getting those tasks done per your plan. Easier said than done, but when you're successful you feel a lot better about yourself and the situation. And don't be afraid to ask for help! You might just find that your friends were happy that you asked them for an assist! Later on you may be the helper and not the help-ee. Good for all."



Col Gregory C. Jones 301st Wing Commander

Stress Management for Well-Being

Stress... it's a word we've been taught to steer clear of since birth, but through the course of life and human experience, we find out that it's totally unavoidable. But here's the interesting thing... stress is actually necessary, so we've put together some tips on how you can decipher the good from the bad and manage the inevitable.

Contrary to popular belief, we all need some stress in our lives to move and function, which is why stress management is more important than stress elimination. In fact, finding the right balance between too much and too little stress is an essential part of your overall well-being.

Good stress vs. bad stress and balancing the right amount

So, how much stress should you allow in your life before it becomes too much and what can you do to manage it all? Well, you must first understand that determining the right amount of stress can be tricky because it varies from person to person and is rooted in perception. For instance, riding on a roller coaster might be delightfully fun for one person, but terrifying for another; or having many demands on you at one time may make you feel

energized, but may overwhelm someone else.

There are signs you can look for to help determine a stress level that's right for you and you can start by learning the difference between the good and the bad:

Good stress:

- Makes you feel motivated, inspired and focused on doing your best
- Gives you energy, ambition and enthusiasm
- Strengthens your immune system

Bad stress:

- Harms your health and well-being, causing symptoms such as headaches, stomach discomfort or insomnia
- Makes you feel frazzled, frustrated, upset, out of control or overwhelmed
- Makes even simple tasks become difficult or impossible to accomplish

At the end of the day, stress, in the form of good and bad challenges, helps us to flourish and to take life one day at a time and you'll find yourself living healthier and happier in no time.

Managing the inevitable

Managing stress is all about taking charge of what you can control and learning to become flexible regarding the things you have no ability to influence or change. To manage stress when the demands stack up, be sure to identify the triggers that cause you stress and resolve to make realistic, healthy changes. To be successful in this,

it's important that you:

- Get the right amount of sleep.
 - Schedule time for relaxation each day.
 - Eat a balanced, nutritious diet and exercise regularly.
 - Cultivate supportive relationships.
 - Have fun and try to laugh more.
- Laughter is a great stress reducer and has the added benefit of increasing social support.

Source: (https://militaryonesource.mil/health-and-wellness/healthy-living?content_id=282384)

Happiness is not something ready made. It comes from your own actions.



Dear Therapist

Psychologists and psychiatrists working in military treatment facilities are often asked to do security clearance evaluations, sometimes referred to as DoDCAF's (Department of Defense Central Adjudication Facility). These evaluations can best be conceptualized as forensic or operational in nature, in that the intent of the evaluation is ultimately a question of national security and there is no traditional doctor/patient relationship assumed by either party.

While the mental health professional conducting the evaluation has no decisional role in whether or not individuals gain or maintain a clear-

How Often do People Lose Security Clearances for Mental Health Reasons?

ance, they are often asked by the individual being evaluated, "Am I going to be able to get a clearance?" or "Am I going to lose my clearance?" The evaluating psychologist or psychiatrist can never answer this question one way or the other.

The mental health evaluation comprises only one small piece of the information needed to contribute to the larger scope of these investigations. However, **the vast majority of service members can be put at ease by the simple fact that it is a rare occurrence for someone to be denied a clearance or have their clearance revoked due to mental health reasons.**

How rare is it?

DHCC's Psychological Health Promotion Team, under the leadership of Dr. Mark Bates, conducted an analysis, courtesy of the Personnel Security/Assurance Division of the Defense Manpower Data Center (DMDC) and the Defense Personnel and Security Research Center (PERSEREC) and identified the following:

Between 2006 and 2012, only one in every 35,000 people either applying for the first time or seeking to maintain their clearance were either denied a clearance or had their clearance revoked after answering "Yes" to the dreaded Question 21 on Standard Form 86 (the question that pertains to mental health history).

Further, during that same 6-year time period, of the 85,000 people who were either denied a clearance or had their clearance revoked, only 145 or 0.17 percent of denials and revocations were due to mental health reasons. That is significantly less than one percent.

Reference: (<http://www.pdhealth.mil/news/blog>)

MENTAL HEALTH RESOURCE

Websites:

<http://www.militaryonesource.mil/>
<https://www.veteranscrisisline.net/>
<http://www.realwarriors.net/guardreserve>
<https://afterdeployment.dcoe.mil/>
<http://www.pisd.va.gov/>
<http://www.dspo.mil/>
<https://maketheconnection.net/>
<http://www.militarykidsconnect.dcoe.mil/>

Apps:

Life Armor	Mood Coach	PTSD Coach
Tactical Breathing	Moving Forward	Parenting to Go
Safe Helpline	Virtual Hope Box	Dream EZ
T2 Mood Tracker	CBT-I Coach	Mindfulness Coach
Concussion Coach	Act Coach	Stay Quit Coach

301 MDS MENTAL HEALTH STAFF

Location: Bldg. 1780 RM 169
 Phone: 817-782-7785

Providers

Maj Jennifer Gillette
 Maj Ericka Jenifer
 Maj Jose Jasso
 Capt Mayara Coulter
 Capt Amber Baker
 Capt Gabriel Saenz

Technicians

TSgt James Harper
 TSgt Samantha Wnink
 SSgt Stephanie Miller
 SrA Famari Ortiz
 SrA Samuel Ankamah
 A1C Elizabeth Bryant

DIRECTOR OF PSYCHOLOGICAL HEALTH (DPH)

Location: Bldg. 1780 RM 164
 Phone: 817-782-3287

Provider

Mrs. Mary Arnold

BY REQUEST WILL TRAIN AT YOUR UNIT

"Insanity is doing the same thing, over and over again, but expecting a different result."

Albert Einstein

301st Fighter Wing Prevention Resource List

UTA, Local and National Resources	
Resource	Telephone Number
Commander (or Equivalent Civilian Leader)	
Supervisor	
First Sergeant	
UTA Days	
301FW Chaplains	1-817-782-7267
Director of Psychological Health	1-817-782-3287
Airman and Family Readiness	1-817-782-7435
JPS Hospital Emergency Room (Fort Worth)	1-817-702-8828
Millwood Hospital (mental health and substance abuse assessments/treatment)	1-817-261-3121 (Arlington, TX) 1-817-599-6307 (Weatherford, TX)
VA Medical Center, Dallas, TX (mental health and substance abuse)	1-800-849-3597
Sexual Assault Response Coordinator (SARC) - Office	1-817-782-3827
SARC Hotline	1-817-401-5046
SAPR Victim Advocate (Traditional Reservist)	1-817-782-3827
Special Victims' Counsel	1-210-671-4748 (Regional Office)
Equal Opportunity	1-817-782-7264/7346
Legal Office	1-817-782-7620
Inspector General	1-817-782-5990 or -6875 (Alternate IG)
Local (or non-UTA Days)	
Navy Chaplains	1-817-782-5665, -7298, -6818
Director of Psychological Health	1-817-782-3287
Sexual Assault Response Coordinator (SARC) - Office	1-817-782-3827
SARC Hotline	1-817-401-5046
Special Victims' Counsel	1-210-671-4748 (Regional Office)
Navy Clinic (for AD—must be on >30-days AD orders)	1-817-782-5900
JPS Hospital Emergency Room (Fort Worth)	1-817-702-8828
Millwood Hospital (mental health and substance abuse assessments/treatment)	1-817-261-3121 (Arlington, TX) 1-817-599-6307 (Weatherford, TX)
Vet Center (need DD214)	1-817-921-9095
VA - Fort Worth Outpatient Clinic (M-F)	1-800-443-9672 or 1-817-730-0000
VA Medical Center, Dallas, TX (mental health and substance abuse)	1-800-849-3597
Equal Opportunity	1-817-782-7264, -7346
Legal Office	1-817-782-7620
Inspector General	1-817-782-5990 or -6875 (Alternate IG)
National Resources	
National Suicide Prevention Hotline (a.k.a. Military Crisis Line)	1-800-273-8255 (press 1 for military, available 24/7)
National Domestic Violence Hotline	1-800-799-7233 (available 24/7)
National Helpline (mental health and substance abuse)	1-800-662-4357 (available 24/7)
Military OneSource	1-800-342-9647 (available 24/7)
Employee Assistance Program (or EAP) - Ask your employer	1-800-222-0364 (only for DoD civilian employees)
SafeHelp Line (sexual assault support)	1-877-995-5247 (available 24/7)
American Red Cross	1-877-272-7337 (for military, available 24/7)