



# Spring Newsletter

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# Taking Care of Self

Spring 2011 | Issue 3

## *Greetings Air Force Families,*

First, we would like to thank you for allowing us to continue being a part of your support system throughout this difficult time in your lives. It has been 6 months since we've started the Air Force Families Forever Support Network, and we are hoping that it has been beneficial to you all. The intent is for family members who have experienced losing an Airman, to connect and to support each other through the grieving process.

Your Spring 2011 Newsletter is titled "Taking Care of Self." As I'm sure you are all aware of, grief can take a toll on your mind, body and soul, it is important that you take care of yourselves. There are four key areas in which you should pay special attention to when it comes to taking care of your personal wellness...they are mental, physical, spiritual and social/emotional well-being. This newsletter will address each area, giving you a few tips on how to keep yourself balanced.

Please know that we are not attempting to endorse any company, service or product, nor are we trying to impose any beliefs on you. We are simply giving you options to explore as you desire.

You may contact the Family Support Coordinator via telephone or email with comments, suggestions and inputs for future newsletters. We are also open to suggestions for making the Air Force Families Forever better for you.

We hope the information provided in this newsletter will be beneficial to your wellness.

## *Current Members of Air Force Families Forever Support Network:*

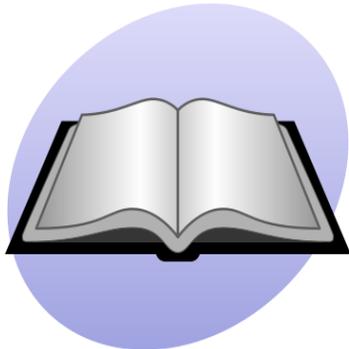
**Family member's names  
hidden to protect privacy**

**56 members to date**

# *Living a Balanced Life*

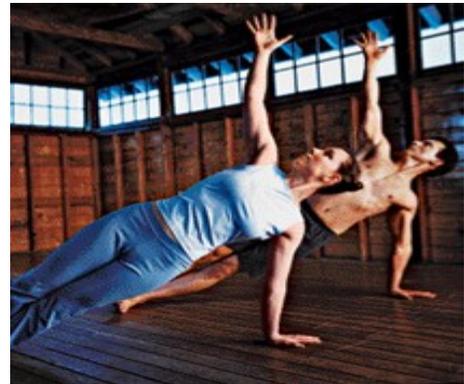


Life brings many stressors our way, many things that will throw us off track. Grief can make you feel completely imbalanced, and often times it is difficult getting back on track. Most of us put all of our energy into one or two areas, but neglect the others. To feel balanced, we need to invest equally into mind, body, spirit, and social/emotional well-being. Below are some examples of activities in the four areas:



## ***Mind:***

- Reading***
- Taking a Course/Class***
- Joining a discussion group***
- Joining a book club***
- Studying about a specific topic***



## ***Body:***

- Exercising***
- Practicing Yoga***
- Going to a spa***
- Taking Vitamins***
- Eating Balanced Meals***

## ***Spirit:***

- Attending to worship service***
- Practicing meditation***
- Enjoying nature***
- Praying***
- Writing in a personal journal***



## ***Social/Emotional:***

- Keeping in touch with friends/family***
- Attending social functions***
- Joining interest groups***
- Joining social networks***
- Watching drama movies***
- Volunteering***

# *Balancing Needs Worksheet*



Below is a worksheet designed to help you track/maintain your desired activities for each area. List at least 3 activities for each, and refer to it often. Remember, the list of activities on the previous page are just examples, choose activities based on your individual interests. We wish you a happy and balanced life...

 <p>MIND</p>	 <p>BODY</p>
 <p>SPIRIT</p>	 <p>SOCIAL/EMOTIONAL</p>

# Helping Resources



**THE COMPASSIONATE FRIENDS**  
Supporting Family After a Child Dies

The Compassionate Friends, Inc.  
Toll-free: 877-969-0010  
PH: 630-990-0010  
Website: [www.compassionatefriends.org](http://www.compassionatefriends.org)

*Local chapters in your area*



**TAPS**  
Tragedy Assistance Program for Survivors

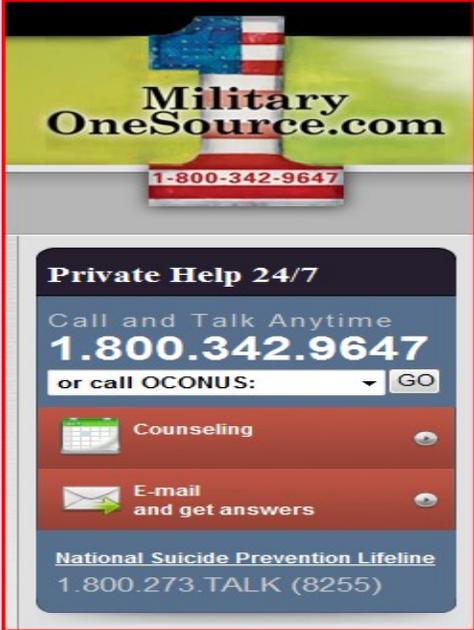
800-959-TAPS (8277)  
Providing Comfort  
24 Hours a Day



[www.taps.org](http://www.taps.org)

**Grief ♥ Recovery<sup>®</sup>**  
The Action Program For Moving Beyond Loss

<http://grief.net/index.htm>



**Military OneSource.com**  
1-800-342-9647

**Private Help 24/7**  
Call and Talk Anytime  
**1.800.342.9647**  
or call OCONUS:

 Counseling

 E-mail and get answers

**National Suicide Prevention Lifeline**  
1.800.273.TALK (8255)

*Note: These resources provide additional information that may be useful or interesting and are provided consistent with the intended purpose of the Air Force Families Forever Program Newsletter. However, Air Force Families Forever Program cannot attest to the accuracy of information provided by these resources or any other linked resources. Air Force Families Forever Program providing resources does not constitute an endorsement by our program or any of the sponsors of the resources or the information presented.*



# Helping Resources cont.

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**Welcome Military Families-  
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Supporting our Troops & their Families

<http://www.militaryhomefront.dod.mil/>



<http://www.careeronestop.org/>



<http://www.usajobs.com/>

## Scholarship Links

[www.afcrossroads.com](http://www.afcrossroads.com)

[www.military.com](http://www.military.com)

[www.militaryscholar.org](http://www.militaryscholar.org)

[www.finaid.org](http://www.finaid.org)

[www.afsahq.org](http://www.afsahq.org)

[www.fastweb.com](http://www.fastweb.com)



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