



**“Warrior heart.  
No stigma.”** That is the January 2022 tweet from General Mike Minihan, commander of the Air Mobility Command (AMC) at Scott Airforce Base, Illinois. The caption was posted along with a picture of his calendar showing his personal mental health appointment. This Twitter (rebranded as X) post is just

one of many of Minihan’s efforts toward promoting better wellness practices for Airmen, including the AMC’s Warrior Mental Health working group and revisions to the flight waiver process for pilots seeking mental health care. Minihan’s mission is to eliminate stigma, lower barriers, increase access and options, and promote balance between physical fitness and mental health.

### Abstract Resources:

Department of Defense Mental Health Resources for Service Members and Their Families > U.S. Department of Defense > Release



Scan the QR code above to find a list of mental health resources for veterans, Service members, and their families. There are services listed that provide education, community resources, and emergency care.



# DEOMI DIGEST

## FY 2025 1<sup>st</sup> Edition

Useful tips for Equal Opportunity and Equal Employment Opportunity professionals and leaders.

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In 2020...

Over 40% of active-duty Service members report more work stress.<sup>1</sup>

Almost 50% of active-duty Service members report more personal stress.<sup>1</sup>

Stress in different areas of life, such as both work and home, can have a compounding effect and lead to chronic stress. Chronic stress is associated with physical and mental health complications.



#### Physical

- Heart disease
- High blood pressure
- Weakened immune system
- Diabetes



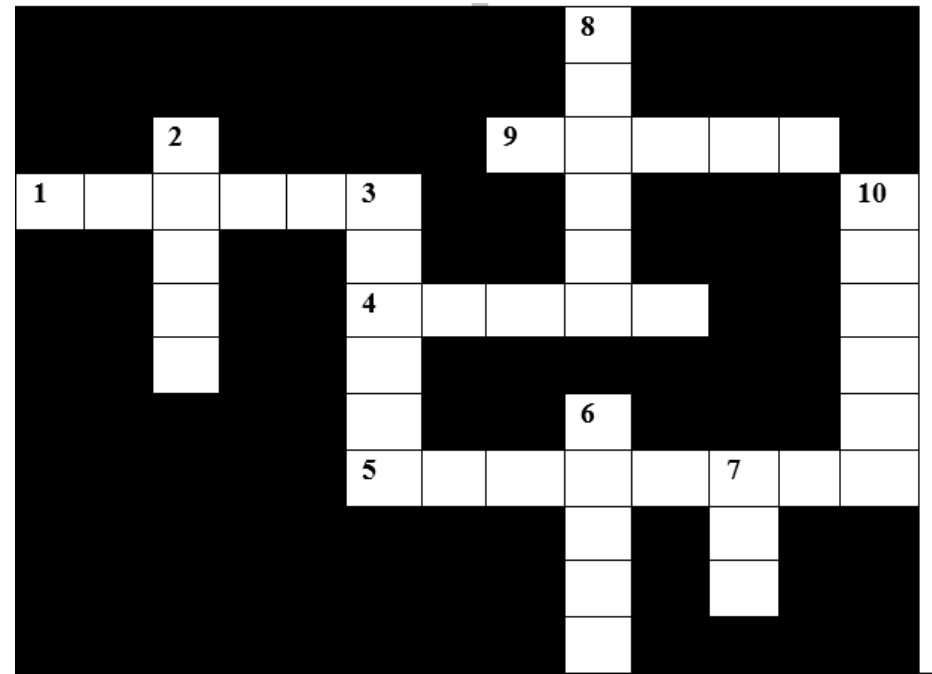
#### Mental

- Depression/anxiety
- Sleep disturbances
- Relationship issues
- Substance use

Clearly, being able to effectively manage stress is important!

1. Office of People Analytics. (2021, July 18). 2020 status of forces survey of active-duty members (SOFs-A 20 Q39-Q41). <https://download.militaryonesource.mil/12038/MOS/Surveys/2020-Status-of-Forces-Active-Duty-Briefing.pdf>

## Crossword Puzzle



1. "I love the smell of \_\_\_\_ in the morning." Lt. Col. Bill Kilgore, "Apocalypse Now" (1979)
2. "I feel the need . . . the need for \_\_\_\_." — Lt. Pete "Maverick" Mitchell, "Top Gun" (1986)
3. "Not anxious to die, sir, just anxious to \_\_\_\_." — Rafe McCowley, "Pearl Harbor" (2001)
4. "You can't handle the \_\_\_\_!" — Col. Nathan R. Jessep, "A Few Good Men" (1992)
5. "No matter what else he might do with his hands ... his hands \_\_\_\_ the rifle." — Anthony Swafford, "Jarhead" (2005)
6. "Keep the sand out of your weapons, keep those actions clear. I'll see you on the \_\_\_\_." — Capt. John Miller, "Saving Private Ryan" (1998)
7. "This \_\_\_\_ is full of stuff that almost killed me." — Staff Sgt. William James, "The Hurt Locker" (2008)
8. "Out here, due process is a \_\_\_\_!" — Col. Mike Kirby, "The Green Berets" (1968)
9. "The dead know one thing. It's better to be \_\_\_\_." — Private Joker, "Full Metal Jacket"
10. "You don't actually think they spend \$20,000 on a \_\_\_\_\_, \$30,000 on a toilet seat, do you?" — Julius Levenson, "Independence Day" (1996)

Answer:

1.Napalm 2.Speed 3.Matter 4.Truth 5.Remember 6.Beach 7.Box 8.Bullet 9.Alive 10.Hammer

## Did You Know?

Research has shown a plethora of positive physical, cognitive, and mental health impacts from mindfulness practice.

### Have some concerns about your last medical report?

Mindfulness can lower blood pressure, reduce chronic pain, help manage weight, and boost immune system.<sup>1</sup>

### Feeling stressed or a little down lately?

Mindfulness can reduce stress, anxiety, emotional regulation, and depression.<sup>2</sup>

### Can't remember where you put your keys or that report?

Mindfulness practice can improve cognitive functioning, cognitive flexibility, and focus.<sup>2</sup>

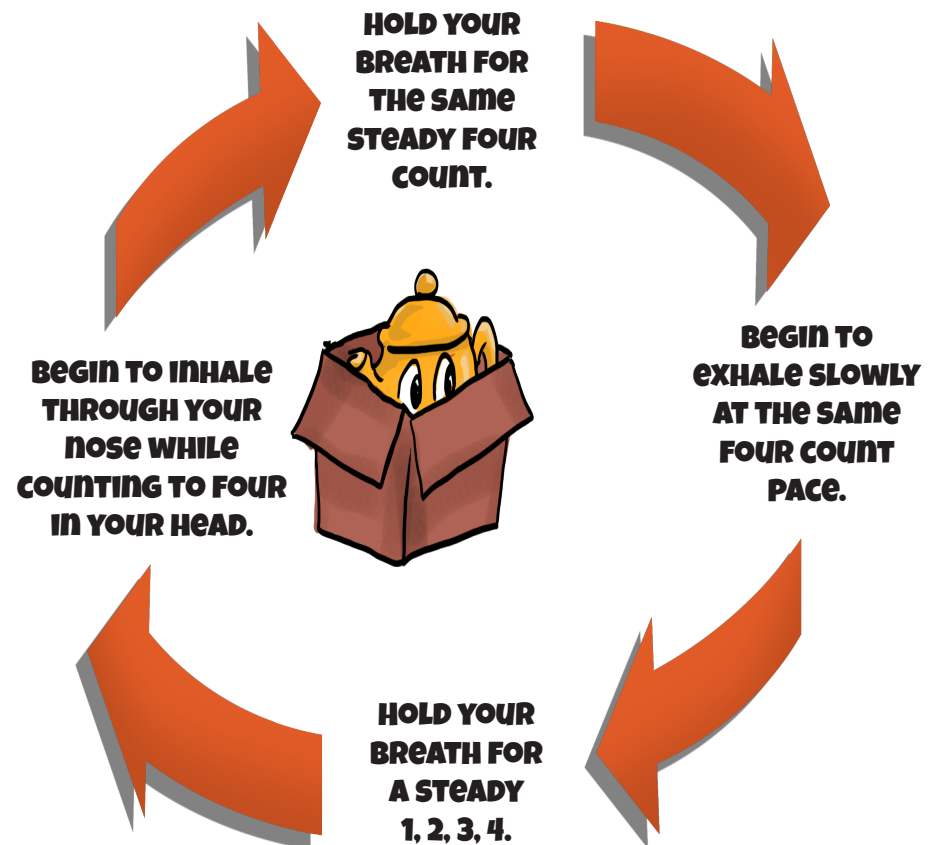


1. American Heart Association. (2024, January 25). Meditation to boost health and well-being. <https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/meditation-to-boost-health-and-wellbeing>

2. Davis, D. M. and Hayes, J. A. (2012). What are the benefits of mindfulness, 43(7), 63. <https://apastyle.apa.org/style-grammar-guidelines/references/examples/journal-article-references>

## Try Box Breathing

It isn't always possible to escape stress or stressful situations. Box breathing, sometimes called "square" breathing, is a breathing technique that has been shown to help lower stress responses in the body, particularly during acute stress. Try a few cycles of box breathing next time you are feeling stressed.



The counting helps to distract your mind. The breath itself helps to lower your heart rate and regulate your nervous system. Perform 4-10 cycles of square breathing, or until you begin to feel your stress levels lowering.



## Full Circle

