

Don't Worry, Be:

Physically, Spiritually, Mentally & Socially FIT

BE HAPPY - BE RESILIENT!

Comprehensive Airman Fitness



CAF Pillars Community Support Coordinator (CSC) - lead	Week 1 (Aug 3-9)	Week 2 (Aug 10-16)	Week 3 (Aug 17-23)	Week 4 (Aug 24-30)
Physical Fitness Health/Wellness Center (HAWC) Medical Youth Center	Cornhole Tournament @ Club (Thu) Adult Pool Party @ Pool (Fri) Sprint Triathlon @ Fitness Center (Sat) Short Game Clinic @ Golf Course (Sat)	Ladies Wine & Cheese Golf Clinic @ Golf Course (Fri) Minecraft Hunger Games Tournament @ Youth Center (Sat)	Late Night Swim Meet @ Pool (Fri) Bowling Customer Appreciation Days @ Bowling Alley (Fri & Sat) Women's Equality Day 5K @ Arkadas (Sat)	Cornhole Tournament @ Club (Thu) Bowling Customer Appreciation Days @ Bowling Alley (Sun)
Spiritual Fitness Chapel Military/Family Life Counselor (MFLC)	Incirlik Christian Youth Club (ICYC) Splash Bash @ Arkadas (Wed)	Vacation Bible School @ Chapel (Mon-Fri)		
Mental Fitness Mental Health Family Advocacy Alcohol/Drug Abuse Prevention Treatment	Coping With Transition – Lunch & Learn @ AFRC (Tue) Pre-Separation Counseling @AFRC (Tue)	Principles For Healthy Relationships & Marriage – Lunch & Learn @ AFRC (Tue) Pre-Separation Counseling @AFRC (Tue) Newcomers' Spouses Tour @ AFRC (Thu)	Transition Assistance Program (TAP) Workshop @ AFRC (Mon-Fri)	Specialized Training of Military Parents (STOMP) @ AFRC (Mon - Tue)
Social Fitness Airmen/Family Readiness Center Key Spouses Sexual Assault Response Coord. Equal Opportunity	Comedy Battalion @ Club (Sun) Say It With Music Camp @ Youth Center (Mon-Fri) Dog Obedience Crate Training @ Community Center (Tue) Space-A 101 @ AFRC (Thu) Club Membership Brunch @ Club (Sat) Kid's Club Make Your Own Pizza @ Club (Sat) Reggae Night @ Club (Sat)	Electronic Bingo @ Club (Wed) Smooth Jazz in the Ballroom @ Club (Thu) Back to School BBQ @ Education Center (Fri) All Request Country Night @ Club (Sat) Learn How to Ride the Dolmus @ AFRC (Sat)	Canvas & Cocktails @ Club (Tue) Kid's Bingo @ Club (Thu)	Customer Appreciation Meal @ DFAC (Thu) Smooth Jazz in the Ballroom @ Club (Thu) Rock Night @ Club (Fri) Mega Moola @ Club (Fri)

Chalk Talk

This month's Topic is "MINDFULNESS."

"Be happy in the moment, that's enough. Each moment is all we need, not more."
- Mother Teresa

"If we are not fully ourselves, truly in the present moment, we miss everything."
- Thich Nhat Hanh

"Mindfulness is simply being aware of what is happening right now without wishing it were different. Enjoying the pleasant without holding on when it changes. Being with the unpleasant without fearing it will always be this way."
~ James Baraz

"...for I have learned to be content whatever the circumstances."
- Philippians 4:11b (NIV Bible)

Two thoughts cannot coexist at the same time: if the clear light of mindfulness is present, there is no room for mental twilight.
- Nyanaponika There

Mindfulness

(A mental state of awareness, openness, and focus.)

The goal of Mindfulness is to acknowledge negative aspects of events you can't control, and disengage from negative thoughts that interfere with our performance, values, or our goals. Research has consistently shown that there are emotional and physical health benefits of mindfulness.

- The emotional benefits are that people who are mindful are more optimistic than people who are not, and they feel more competent and have greater life satisfaction. They also have more positive social relationships.
- The physical health benefits are that using Mindfulness techniques can improve your immune functioning so you are less likely to be sick, and has been linked to reductions in depression and anxiety.

There are a range of strategies that contribute to mindfulness, whether it is prayer, meditation or quietly sitting and thinking, there are benefits.

I will leave you with a little mindfulness technique exercise similar to mediation. It should help you relax and just clear your anxiety about things you can't control, allowing you to focus on the aspects of your life that you DO have control over.

Park Bench Mindfulness exercise

Imagine yourself sitting on a park bench. As people pass by you, notice them. For a time, you allow them to become the center of your focus. You notice the older woman walking the small dog. You notice the young man jogging. You note their appearance. You observe their behavior. For as long as they are in front of you, they deserve your focus. If two people are in front of you, you notice them both. You do not need to invite anyone over to your bench to sit down and talk. Nor do you need to get up from your bench to walk with anyone. In as much as you engage them, you do so only from a distance. You observe them objectively from your bench. When they move on and are no longer in front of you, you let them go as you turn your attention to the next passerby.

This park bench experience is comparable to an exercise that can be done with your thoughts, feelings, physical sensations, and observations of the space around you. Imagine that the people in the park are your thoughts, feelings, etc. Sit quietly and allow yourself to become aware of your thoughts, feelings, sensations, and surroundings. At any given moment, whatever is the most prominent thought, feeling, sensation, or observation is the person in front of you in the park. Notice it. Describe it. For as long as it is the most prominent object allow it to be the focus of your attention. As it fades away, allow something else to become the focus of your attention. You do not need to chase after anything. You do not need to invite anything to sit with you. You are an objective observer. Just notice it and let it move on.

What is in YOUR mind – all the worries of the day, week, month or year, or do YOU have a mind at rest/peace?

