

Ft Irwin EAP Newsletter

Fireworks Safety

Fireworks during the Fourth of July are as American as apple-pie, but did you know that more than twice the number of fires are reported on that day than on any other day of the year in the United States? Two out of five of these fires are caused by fireworks. The good news is you can enjoy your holiday and the fireworks, with just a few simple safety tips:

PROCEED WITH CAUTION!

Leave fireworks to the professionals.

Do not use consumer fireworks.

The safest way to enjoy fireworks is to attend a

public display conducted by trained professionals.

After the firework display, children should never pick up fireworks that may be left over, they may still be active.

Consumer fireworks include sparklers and firecrackers. The tip of a sparkler burns at a temperature of more than **1,200 degrees Fahrenheit**, which is hot enough to cause third-degree burns. Each July Fourth, thousands of people, most often children and teens, are injured while using consumer fireworks.

- The risk of fireworks injury is highest for children ages 5 –14.

- More than 80% of emergency room fireworks injuries involve fireworks consumers.

www.nfpa.org/education

Please be careful if you are using fireworks. Remember safety first. Enjoy your 4th of July holiday!!



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Special points of interest:

- Employee Annual ASAP Training: 7.17.12, 0830-1030, Bldg 573
- Supervisor Annual ASAP Training: 7.31.11, 0830-1030, Bldg 573
- Wednesday July 4-Holiday, ASAP is Closed
- In accordance with AR 600-85, all civilians will have a minimum of 2 hours of alcohol and other drug awareness training per year.

Independence Day

Independence Day is annually celebrated on July 4 and is often known as "the Fourth of July". It is the anniversary of the publication of the declaration of independence from Great Britain in 1776. Patriotic displays and family events are organized

throughout the United States. Many people display the American flag on their homes. The celebrations have deep roots in the American tradition of political freedom. *Timeanddate.com*



What is Prescription Drug Abuse

What is prescription drug abuse? Prescription drug abuse is the use of a medication without a prescription, in a way other than as prescribed, or for the experience or feelings elicited. According to several national surveys, prescription medications, such as those used to treat pain, attention deficit disorders, and anxiety, are being abused at a rate second only to marijuana among illicit drug users. The consequences of this abuse have been steadily worsening, reflected in increased treatment admissions, emergency room visits, and overdose deaths.

What are some of the commonly abused prescription drugs? Although many medications can be abused, the following three classes are most commonly abused: Opioids—usually prescribed to treat pain; Central nervous system (CNS) depressants—used to treat anxiety and sleep disorders; and Stimulants—most often prescribed to treat attention deficit hyperactivity disorder (ADHD).

Preventing and recognizing prescription drug abuse

For their part, patients can take steps to ensure that they use prescription medications appropriately: always follow the prescribed directions, be aware of potential interactions with other drugs, never stop or change a dosing regimen without first discussing it with a healthcare provider, and never use another person's prescription. In addition to describing their medical problem, patients should always inform their healthcare

What is Prescription Drug Abuse, cont'd

professionals about all the prescriptions, OTC medicines, and dietary and herbal supplements they are taking, before they obtain any other medications. Additionally, unused or expired medications should be properly discarded per U.S. Food and Drug Administration (FDA) guidelines or at U.S. Drug Enforcement Administration collection sites.

Excerpts taken from:
www.drugabuse.gov

The nonmedical use and abuse of prescription drugs is a serious public health problem in this country. Although most people take prescription medications responsibly, an estimated 52 million people (20 percent of those aged 12 and older) have used prescription drugs for nonmedical reasons at least once in their lifetimes. Young people are strongly represented in this group. In fact, the National Institute on Drug Abuse's (NIDA) Monitoring the Future (MTF) survey

found that about 1 in 12 high school seniors reported past-year nonmedical use of the prescription pain reliever Vicodin in 2010, and 1 in 20 reported abusing OxyContin—making these medications among the most commonly abused drugs by adolescents.

Nora Volkow, MD

Director of the National Institute on Drug Abuse

Free Summer Concerts

The Town Of Apple Valley offers a free summer concerts series on Thursday evenings. The concert dates are: June 21, 28th; July 12, 19, and 26th; August 2 and 9th. Concerts are free and vendors will be onsite. Times are 6pm-9pm. Please bring blankets and lawn chairs. No pets are allowed. The concerts will be held at Civic Center Park Amphitheater located at 14955 Dale Evans Parkway. For more

information contact : www.applevalley.org. California State University in San Bernardino (CSUSB) also offers a free summer concert series. Concerts are Wednesday evenings from 7pm-9pm. Concerts dates are July 11, 18, 25 and August 1 and 8th. You are invited to bring your lawn chairs, blankets and food. Vendors are onsite. CSUSB is located at 5500 University Parkway in San

Bernardino.



Walking For Wellness

Walking is one of the easiest ways to get the exercise you need to stay healthy. Experts recommend at least 2½ hours of moderate activity (such as brisk walking, brisk cycling, or yard work) a week. It's fine to walk in blocks of 10 minutes or more throughout your day and week.

Key points

1. If you're worried about how brisk walking might affect your health, talk with your doctor before you start a walking program.
2. Start with a short-term goal. For example, walk for 5 or 10 minutes

every day. Or increase your number of steps by 300 to 500 each day.

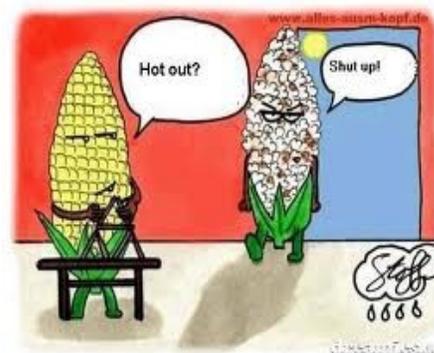
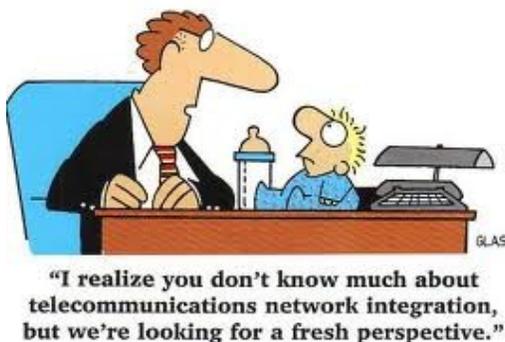
3. After you've made walking a habit, set a longer-term goal. You may want to set a goal of walking briskly for at least 30 minutes a day or work up to 10,000 steps a day. You can try to do this 5 days a week or more.
4. You can wear a pedometer to track your steps each day.
5. To stay motivated, find a walking partner, such as a family member,

friend, or coworker. Daily dog walks are also a great way to keep up your walking routine.

www.Webmd.com



This and That



Focus on Positive Thinking

You can learn to turn negative thinking into positive thinking. The process is simple, but it does take time and practice — you're creating a new habit, after all. Here are some ways to think and behave in a more positive and optimistic way:

Identify areas to change. If you want to become more optimistic and engage in more positive thinking, first identify areas

of your life that you typically think negatively about, whether it's work, your daily commute or a relationship, for example. You can start small by focusing on one area to approach in a more positive way.

Check yourself. Periodically during the day, stop and evaluate what you're thinking. If you find that your thoughts are

mainly negative, try to find a way to put a positive spin on them.

Be open to humor. Give yourself permission to smile or laugh, especially during difficult times. Seek humor in everyday happenings. When you can laugh at life, you feel less stressed.



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Basic EAP services include free, voluntary, short term counseling and referral for various issues affecting employee mental and emotional well-being, such as alcohol and other substance abuse, stress, grief and family problems, and psychological disorders. EAP counselors also work in a consultative role with managers and supervisors to help address employee and organizational challenges and needs. EAP services are available to DA Civilians including NAF/AF and their family members, military dependents, military retirees and their family members.

Focus on Positive Thinking, cont'd

Follow a healthy lifestyle. Exercise at least three times a week to positively affect mood and reduce stress. Follow a healthy diet to fuel your mind and body. And learn to manage stress.

Surround yourself with positive people. Make sure those in your life are positive, supportive people you can depend on to give helpful advice and feedback. Negative people may increase your stress level and make you doubt your ability to manage stress in healthy ways.

Practice positive self-talk. Start by following one simple rule: Don't say anything to yourself that you wouldn't say to anyone else. Be gentle and encouraging with yourself. If a negative thought enters your mind, evaluate it rationally and

respond with affirmations of what is good about you.

Practicing positive thinking everyday

If you tend to have a negative outlook, don't expect to become an optimist overnight. But with practice, eventually your self-talk will contain less self-criticism and more self-acceptance. You may also become less critical of the world around you. Plus, when you share your positive mood and positive experience, both you and those around you enjoy an emotional boost.

Practicing positive self-talk will improve your outlook. When your state of mind is generally optimistic, you're able to handle everyday stress in a more constructive

way. That ability may contribute to the widely observed health benefits of positive thinking.

www.mayoclinic.com