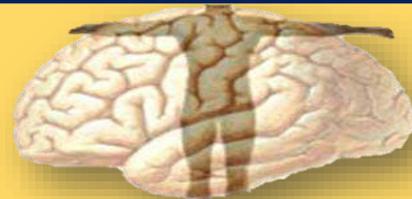


Mind & Body



Uniting providers across Robins AFB to share their healthful insights

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Mental Health Tip of the Week:

Say *No*. Boundaries are key to self-care and happiness too. When you say 'No' to one thing, you're saying 'Yes' to another; hopefully self-care.

Time to get out of our Caves!

By: Felisha Garcia, Psy.D.

As life opens back up, we are finding that transitioning back to our old lives is difficult. According to Scientific America, after a year in isolation, many people are afraid to return to their former lives despite being fully vaccinated. This anxiety is referred to as “cave syndrome” which is an unofficial diagnosis but sounds similar to agoraphobia- the fear of public places.

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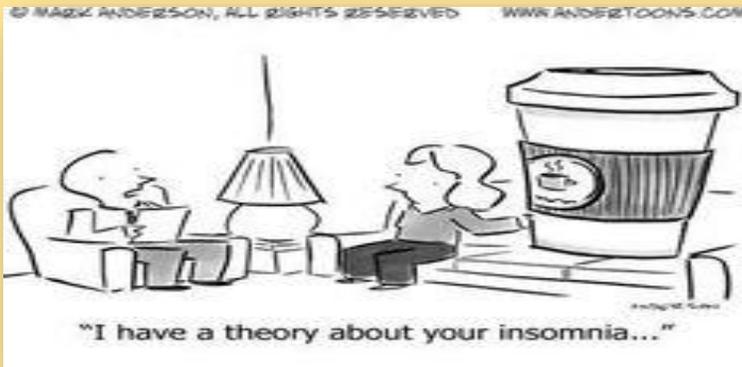


Hope Gardens

By: Donna Hunt

Some of you may remember the old soap powder slogan “Calgon take me away.” Well, we can’t give you Calgon, but we can give you Hope Gardens to “take you away” at least for a while. Hope Gardens, the former Camellia Memorial Garden, was rededicated in 2020 as a place for all Robins AFB members to relax and rejuvenate. The garden boasts a large gazebo and plenty of benches and tables to sit and enjoy nature. But there is more to this garden, it has a people-plant connection.

Continued on page 2



Time to get out of our caves! *(continued from page 1...)*

A March 2021 American Psychological Association study reported that 49% of surveyed adults anticipated being uncomfortable about returning to in-person interactions when the pandemic ends. There are many reasons to hesitate to return to pre-COVID life, such as continued fear of developing the disease or forfeiting the positive aspects that came from the isolation (i.e., working from home, less societal pressures, and saving money).

To this day, we are still unsure of how to greet people. Some of us automatically reach to shake a stranger's hand in introduction, only to awkwardly pull away and apologize for not asking if it is okay. Cultures dependent on the hug and/or double kiss greeting also find themselves quickly calculating the risks in their minds prior to saying hello. As we all leave the hibernation status that we were once in, we must all be patient with one another and remember that each person has their own comfort level. We must not take offense if one person continues to say hello with a fist bump and an air hug, while another threw away all his masks and booked a cruise as soon as he became vaccinated. It will take time to become fully comfortable in the world again and with the new COVID variant, we are still not in the clear.

Hope Gardens *(continued from page 1...)*

For thousands of years, people have known of the healing power of nature. The ancient Egyptian physicians encouraged garden walks for those suffering from anxiety, stress, and depression. Dr. Benjamin Rush, the father of American psychiatry and signer of the Declaration of Independence, was the first to document the curative effects of gardening and well-being. But as other therapies and drugs were introduced, the people-plant connection was broken, and the more cost-effective practices were adopted. However, WWII brought back the use of horticultural therapy treatment for the shell-shocked (now called PTSD) veterans. In 1973, the National Council for Therapy and Rehabilitation Through Horticulture was formed. In 1987, it was renamed the American Horticultural Therapy Association (AHTA).

The AHTA is the governing body for Horticultural Therapy (HT). HT helps improve memory, cognitive abilities, language skills, task skills, and social skills. It can improve coordination, strengthen muscles, and help with balance and endurance. For the Robins community, it helps with stress management and depression, not just for the employees but for their families. Since 2020, Hope Gardens hosted Wingman Days, Yoga, Eagle Scout projects, an Earth Day celebration, and added a Military Child Garden.

If you would like more information on Hope Gardens and how it can help you or your organization, please contact Donna at hunt donna26@gmail.com. Please follow the H.O.P.E Facebook page for upcoming activities. Hope Gardens is located next to Lodging on Club Dr which is across the street from the Conference Center on Warner Robins St, just west of the Golf Club. For you golfers, the garden is near hole 17.

TAKE A VACATION-BUT NOT FROM YOUR HEALTHY LIFESTYLE!

Finding the balance between enjoying your vacation and eating healthy is a common challenge. No matter where you go, indulging on local, delicious foods should be something you look forward to! Follow these three tips to learn how to survive your vacation with your health goals still intact.

1. **Daily activity is key!** There is so much to see and do when traveling to a new place. Look for ways to enjoy the city while staying active. Rent a bike, take a walk on the beach, or go on a hike with family and friends.
2. **Treat yourself – once a day.** Each day of vacation, plan for one special treat of your choice. For other meals, try to cook or prepare a healthy meal to take on the go or enjoy as a family in your hotel.
3. **Avoid the splurge mentality.** You can enjoy local cuisine while staying mindful of your healthy portion sizes. Try ordering a dessert that the whole table can share!

For more tips and tricks to help you make better choices when dining out or grabbing a snack at the convenience store, join ROBINS CHPS for 'Healthy Eating on the Go' health education class.

Healthy Eating on the Go

Date: July 21st & 28th

Time: 1130 – 1230

Contact CHPS for in-person class options

Use This Adobe Connect Class Link for ALL July Classes

<https://fbch.acms.com/robinschps/>

Please note: Upon clicking the class link you will register as a guest and input your name to join the class. (please list your name as it appears in your government email).

For more information or to schedule a wellness screening or health education class in your location, contact ROBINS CHPS:

Civilian Health Promotion Services
Michele Decker, Coordinator
100 Page Rd., Bldg. 207, Rm. C-119
478-327-8030

Michele.d.decker.ctr@mail.mil
CHPSsupport@us.af.mil



EXERCISE YOUR MIND

What does each set of three words have in common?

(answers below)

1) Picnic – Card – Pool

2) Earth – Book – Inch

3) Car – Tree – Elephant

4) Wagon – Cart – Steering

5) Greeting – Credit – Library



**Do you see the vase
and
the two faces?**

[Click for Answer](#)

JOIN US!

Women Working Together

A safe and supportive environment for women to share their feelings and discuss women's issues.



Topics covered: Identity, connection & support, anger management & expressing your voice, relationships & intimacy, depression & health, anxiety & relaxation techniques, setting healthy boundaries, and self-care.

For: Female civilian employees at Robins AFB

When: Tuesdays (next group starting in August)

Time: 0930-1100

Location: a confidential location on base

Come enjoy a cup of tea and chat with us!

*You do not need to use your leave time to participate.

**Group is run by Dr. Felisha Garcia, Licensed Clinical Psychologist, with contributions from Michele Decker, Civilian Health Promotion Services Coordinator.

Please call 478-327-7601 to schedule a screening and reserve your seat!



Flight Line



LEMONADE STAND

Come Refresh Your Mind & Body!

Civilian Psychologist

Civilian Health Promotion Services

Come & also meet your OMS Athletic Trainer, Drug Demand Reduction Rep, & Community Resilience Coordinators

Free health screenings & health education information. Contact CHPS at 478-327-8030 for an appointment!

A variety of "Limbers" (spanish icees) will be available!

Outside Bldg. 49

Time: 1330-1430

Lemonade

Dates:

24 June

8 July

22 July

5 August

19 August



Email Dr. Garcia:
Felisha.Garcia.ctr@mail.mil

WE WANT TO HEAR FROM YOU!

ABOUT THE WRITERS:

Dr. Felisha Garcia is a Licensed Clinical Psychologist at Robins AFB who provides mental health services to civilians. She is a gentle and warm clinician who prides herself in the caring relationships she builds with her clients. To contact Dr. Garcia, call Occupational Medicine Services (OMS) at 478-327-7590.

Donna Hunt is a Certified Horticulture Therapist and Veteran. She is extremely kind and talented, and assists with multiple services on base including group aerobics at the Base gym. She is also resourceful and often spends her time repurposing items for Hope Gardens. To contact Ms. Hunt, email HuntDonna26@gmail.com.

Disclaimer: The ideas expressed within this newsletter represent the writer's own point-of-view. Every effort is made to provide accurate and complete information however, we cannot guarantee that there will be no errors. We do not assume any legal liability for any direct, indirect or any other loss or damage of any kind for the accuracy, completeness, or usefulness of any information, product, or process disclosed herein.