

PREVENTION IN ACTION

BUILDING FITNESS

PT CAN STRENGTHEN YOUR SPIRITUAL FITNESS

When thinking about fitness, it's good to consider the perspective of both input and output.

For example, what you put into your body, such as things consumed, can have either a positive or negative impact on overall physical fitness. That's input.

Output is the energy exerted to train and strengthen the body.

Consider spiritual fitness from the same input/output lens. When it comes to output, physical fitness (the output of energy) can significantly contribute to your overall spiritual well-being.

Spiritual benefits of physical training include:

- Quieting the mind and being present in the moment.
- Breaking through personal barriers.
- Testing your fortitude while working out.
- Stimulating mood improvement.
- Equipping you to better help others.
- Reducing stress.
- Prompting self-reflection and goal-setting.

Remember, balance is essential. When doing too much physical exercise, you risk injury, which can negatively impact your spiritual



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fitness. Balance is critical.

Physical training has its physical benefits, but it can also ultimately keep you connected to what gives meaning and purpose in life-- what or who you know and love.

Whether it's your belief in God or another higher power or purpose, physical training can strengthen that relationship and your overall spiritual fitness.

Eight Tips for Healthy Eating to Digest During National Nutrition Month

March is National Nutrition Month, which aims to get Americans to make informed choices to develop helpful eating and physical activity habits.

Supercharge your March with these eight tips to enhance your life and strengthen your physical and mental fitness:

1. Reset habits. Nutrition month is an opportunity to reset any habits that aren't optimizing your life.

2. Look and feel better. The best part about eating healthier is that it will enhance your body composition and make you feel better. Making healthier choices

can enhance both physical and mental health.

3. Make food. For the month of March, make your food. There is something inspiring about finding a recipe, getting the ingredients, and putting it all together. Share your creation with friends and family.

4. Shop the perimeter. When grocery shopping, stay on the outside of the store. This tends to be the non-processed, healthier food options.

If it comes in a box, bag, or has ingredients that you can't pronounce, opt for a healthier option.

5. Taste the rainbow. When making food choices, select food that is natural and get as many colors as possible.

6. Move more. Find time every day to move for at least 20 minutes. Your body and mind will thank you.

7. Water for the win. Put down the soda, juice, coffee, and alcohol. Drink as much water as you can and you will reap the rewards.

8. Food over supplements. If you're taking supplements, find a healthier food option instead of the supplement.

Contact the **Health Promotion**



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office at your installation to learn more about nutrition.

MAKE TIME FOR SELF-CARE

When it comes to mental health, self-care can help manage stress, lower the risk of illness, and provide increased energy. Even small acts of self-care can have a big impact.

Ensure your self-care strategies are beneficial to your well-being by asking yourself three simple questions.

1. How does your self-care routine make you feel?

If it's causing more stress than relief, feeling bogged down, or developing negative thoughts toward the activity, give yourself permission to feel and be flexible. Assess the activity and make changes where necessary.

2. Does your self-care routine include saying "no"?

We tend to fill our calendars with things to do, occasionally masking events, activities, etc., as self-care when in fact, they are not serving us. Opt out of optional stress by saying "no" to things that do not support your growth and development.

3. Have your lifestyle needs changed?

You are ever-evolving, and so are your needs. Adjust routines to fit any lifestyle changes. Stay on track with continuing self-care, even if a wrench is thrown in your plans.

To learn more about self-care,



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visit www.usmc-mccs.org/news/tips-for-practicing-self-care.

Building Quality Friendships Fuels Children's Positive Development

Quality friendships play a pivotal role in helping shape the lives of children and youth and as a positive factor that can help them manage various challenges.

As children navigate growing up, the friendships they form contribute greatly to their overall emotional, social, and academic development.

Emotional Development and Support

Quality friendships help build a strong foundation of emotional support for children and youth.

Adolescence can sometimes be a roller coaster of ups and downs, but having friends who are understanding, empathetic, and good



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listeners can help alleviate emotional burdens.

Quality friendships also provide a support network, giving children and youth a sense of belonging and security, which contributes to a strong mental health outlook.

Social Development

Peer interactions allow children and youth to refine their social skills such as communication,

cooperation, and conflict resolution. These experiences contribute to strong social-emotional skills and help children make positive transitions as well as predict later achievements in school and life in general.

Academic Performance

Quality friendships can also positively impact academic performance. Shared interests among friends and study groups

help motivate children to get good grades and learn new things.

Marine Corps Child and Youth Programs (CYP) support the healthy development of children and teens.

The environment and curriculums provided by CYP highly value and nurture the connections needed for creating friendships.

CYP understands how crucial these skills are and strives to help children and youth build quality friendships, which are essential for creating a resilient foundation to help children and youth navigate life's challenges.

ABOUT THE NEWSLETTER

The United States Marine Corps' Marine & Family Programs Division publishes Prevention in Action.

The contents of this quarterly newsletter are for informational purposes only and not intended to be a substitute for professional medical advice, diagnosis, or treatment.

Visit <https://www.usmc-mccs.org/news/prevention>



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To access hot links, right-click on link, copy link, and paste it into a browser window.

SETTING HEALTHY RELATIONSHIP BOUNDARIES

Navigating a relationship can be tough. People enter relationships with different expectations.

Sometimes, one person’s idea of what is desired in a relationship does not match what the other person wants. Boundaries help to define what people are comfortable with in a relationship and help others know how to treat each other.

Healthy boundaries include:

Emotional Boundaries

People in healthy relationships explore different interests and feel comfortable spending time apart engaging in them. Partners should enjoy spending time with others without having to ask permission or feeling guilty. They should not feel pressured into spending all their free time with their partner.

Healthy partnerships do not include pressure to reciprocate feelings, emotions, words, or actions. For example, when one partner says, “I love you,” that does not mean the other partner must also say it.

One partner may move faster emotionally than the other, and the level of commitment to a relationship will not automatically be equal. Partners’ emotional pace and boundaries should be respected.

Physical Boundaries

Individuals should not rush into a

physical relationship if not ready. They should openly communicate the level of intimacy they are comfortable with and respect the partner’s intimacy boundaries.

Everyone is allowed to say “no” and have their wishes respected without feeling guilty. People should be comfortable saying “no” but also expressing what they are ready for or interested in trying.

Digital Boundaries

People should reflect on what they might convey and the desired outcome of their words before hitting send on a text or email. Once they send a message or a photo, they no longer control that content, who sees the content, or where the information is shared.

People should keep all phone and website passwords private. Everyone is entitled to digital privacy, and there are ways to safeguard info.

Boundaries are about respect: self-respect, respect of others, and respect of right to make choices.

Remember, everyone has the right to change their minds about what their boundaries are at any time, so open communication is key to a healthy relationship.

For more information about relationships or boundaries, contact your local Family Advocacy Program, or visit loveisrespect.org or [Military OneSource](https://militaryonesource.com).



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Talk to Your Teens About Dating Relationships

Data from the Centers for Disease Control and Prevention’s Youth Risk Behavior Survey in 2019 indicates that among U.S. high school students who reported dating during the 12 months before the survey:

- About 1 in 12 experienced physical dating violence.
- About 1 in 12 experienced sexual dating violence.

Youth who are victims of teen dating violence are more likely to experience depression and anxiety symptoms, engage in unhealthy behaviors like using tobacco, drugs, and alcohol, exhibit antisocial behaviors like lying, theft, or bullying, or think about suicide.

Talking about this topic with a teenager can be hard, but here are some tips that may help:

Define a healthy relationship. There are countless examples of healthy and unhealthy relationships in movies, television shows, and within today’s current events. Use these examples as conversation starters about expectations for healthy relationships.

Keep communication open. Ask your teens about their opinion on unhealthy and healthy relationships. Talk about boundaries, privacy,

consent, and respect. Do not dismiss their perspective if it doesn’t align with your own; promote debate and reflection.

Define expectations and boundaries. Let your teen know any rules you may have, including curfew. Give them an opportunity to contribute to the discussion.

Offer support. Be sure to let them know you support them in the dating process. Lend a compassionate and supportive ear when necessary. If they feel more comfortable talking to someone else about dating, find a trusted mentor or counselor to allow them to share their feelings. Whatever way you intend to support your teen, make sure they know that you are available.

Describe the different types of abuse and warning signs. Remember to discuss physical, emotional, sexual, financial, and digital abuse.

[Loveisrespect.org](https://loveisrespect.org) offers information about dating, and how to end unhealthy relationships.

If a teen is experiencing abuse, help is available through the Family Advocacy Program such as non-medical counseling, safety planning, and other supportive services.

Relationship Skill-building Workshops Available

Marine Corps Family Team Building (MCFTB) offers workshops designed to help you deepen your connection and further develop the qualities that make for a strong relationship.

Some of the trainings offered by MCFTB that can enhance relationships include Say What, Real Relationships, Prevention & Relationship Enhancement Program (PREP), the Five Love Languages, and Four Lenses, which may help you understand more about your partner’s temperament.

To sign up for one of MCFTB’s relationship-focused workshops, visit the MCFTB website for your installation, under Military Family Life.

There is room in every relationship for improvement. Just as Marines continually train to perfect their skills, relationships are only helped by continuing to work on areas we would like to improve.

But, if your relationship feels unsafe or you need additional support or counseling, help is available.

**PREVENTION
RESOURCES**

CDC Violence Prevention: The Centers for Disease Control and Prevention established the National Center for Injury Prevention and Control (NCIPC) as the lead federal organization for violence prevention in 1992.

The Division of Violence Prevention within NCIPC focuses on preventing violence and its consequences so that all people, families, and communities are safe, healthy, and free from violence.

For information and tools, including the Connecting the Dots, visit www.cdc.gov/violenceprevention.

DoD resources and tools: Check out the Department of Defense’s integrated primary prevention website at www.prevention.mil. It includes information about resources, tools, research, and policy.

Marine Corps Interactive Suicide Prevention and Mental Fitness Resource: This online resource provides suicide prevention and mental fitness skill-building information for all Marines and their families.

This is a resource users can come back to as often as they need it. Scan the QR code, or go to www.usmc-mccs.org/protect to access the resource. Once on the page, click on the Prevention Skills You Can Use button.





PREVENTION SKILLS YOU CAN USE



**MARINE CORPS
TOTAL FITNESS**

A FAMILY AFFAIR

Marine Corps Total Fitness (MCTF) focuses on strengthening your fitness in four areas: social, spiritual, mental, and physical.

 SOCIAL SYNERGY	 SPIRITUAL STRENGTH	 MENTAL FOCUS	 PHYSICAL PROWESS
 <p>GOAL Be a team player, communicate with others, and be a good sport.</p> <p>TIP Include teammates during games, celebrate team successes, respect others, and play fair.</p>	 <p>GOAL Build confidence, believe in yourself, and tap into an inner drive.</p> <p>TIP Find joy in the process, embrace doing the right thing, connect with something larger than yourself.</p>	 <p>GOAL Learn to focus and control your emotions, bounce back when things don't go your way.</p> <p>TIP Set goals, picture yourself reaching those goals, embrace challenges, and celebrate hard work.</p>	 <p>GOAL Master basic skills, build coordination, improve fitness.</p> <p>TIP Use proper technique, practice consistently, do fun drills, vary exercises.</p>

MCTF
MARINE CORPS TOTAL FITNESS

To learn more about MCTF visit:
www.usmc-mccs.org/news/why-marine-corps-total-fitness
or connect with your local Semper Fit team.

MCCS
SEMPER FIT

MCCS website: Visit the Marine Corps Community Services website (www.usmc-mccs.org) to find information about programs and resources and read articles that offer skill-building information.

OSCAR/COSC: The Operational Stress Control and Response

(OSCAR) teams and Combat and Operational Stress Control (COSC) representatives promote prevention and help-seeking behavior in their units.

Prevention in Action— Stakeholders Training: Visit www.marinenet.usmc.mil and search Prevention in Action. This

self-guided online training is designed for Marines, attached Sailors, and civilians who engage in prevention activities. In this course, participants learn more about how and why to champion prevention activities within their sphere of influence.