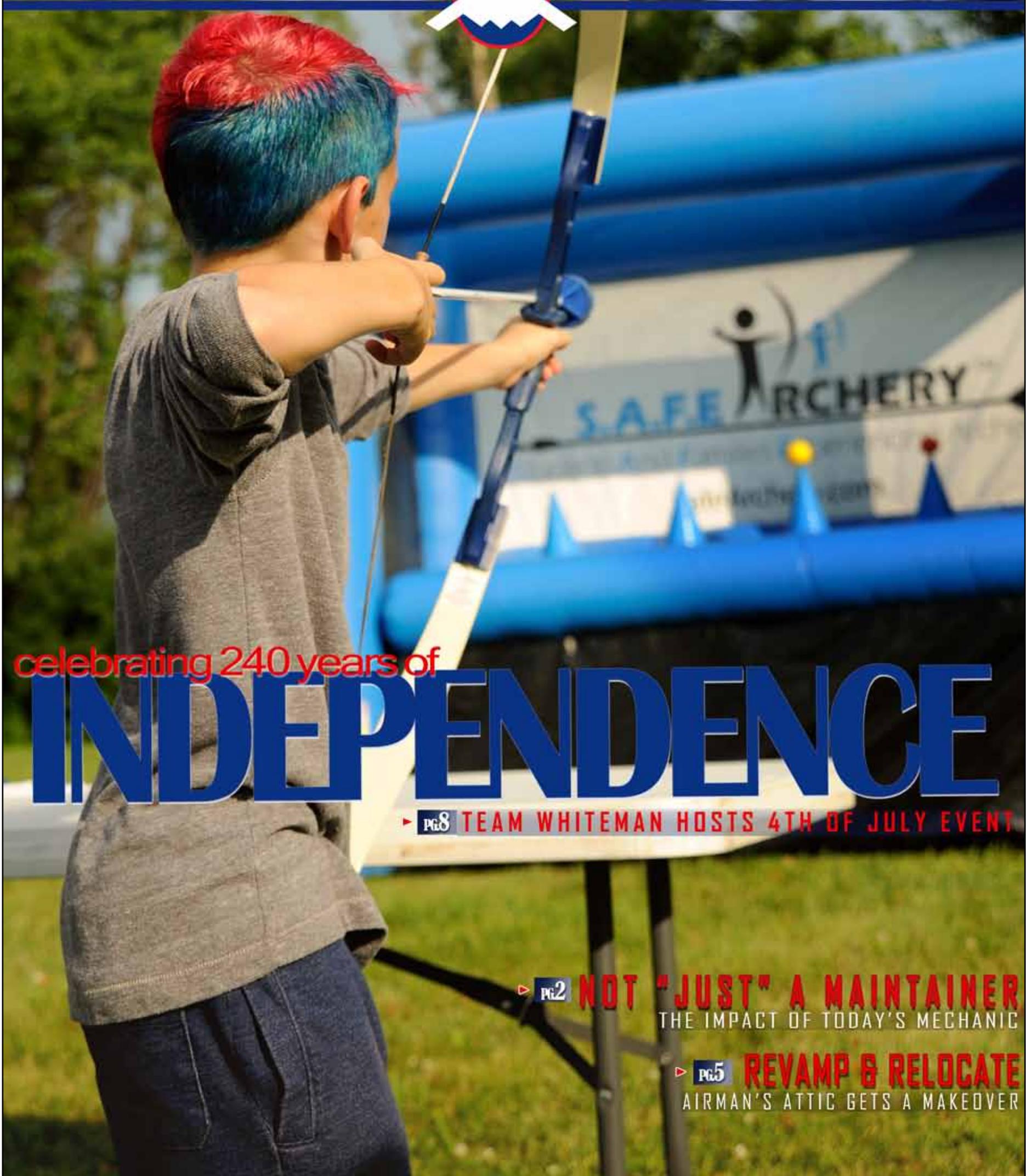


WARRIOR



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INDEPENDENCE

▶ **PG8** TEAM WHITEMAN HOSTS 4TH OF JULY EVENT

▶ **PG2** NOT "JUST" A MAINTAINER
THE IMPACT OF TODAY'S MECHANIC

▶ **PG5** REVAMP & RELOCATE
AIRMAN'S ATTIC GETS A MAKEOVER

Impact of today's mechanic

By 1st Lt. Alana Piccone and
Tech. Sgt. Thomas Dunlap
509th Aircraft Maintenance Squadron

As service members we are often asked the common question, "What do you do?" More often than not, the answer from 509th Aircraft Maintainers is simply, "I'm a mechanic." However, maintainers tend to lose sight of the power, effect and impact their daily "mechanic" jobs have on the base, the Air Force and the world as a whole. For maintainers of the 509th Aircraft Maintenance Squadron (AMXS), it seems to be the same grind each and every day: launching jets for training mission after training mission or executing one exercise after the other. But I encourage every maintainer to take a step back and ask the question, "What do I really do?"

The Aircraft Maintenance Squadron differs from other units throughout the Air Force in many ways. The 509th AMXS supports multiple missions at both the tactical and strategic levels to include strategic deterrence, global strike, and combat support. The squadron, as a whole, has 506 members and represents 18 different Air Force Specialty Codes (AFSC).

All of these AFSCs directly support the maintenance production for 20 B-2 stealth bombers and their mission. As maintainers our lives are on the flightline, 24 hours a day, to include support on most weekends.

Our crew chiefs, specialists, and weapon teams are our hands-on maintainers. Crew chiefs assure quality maintenance by confirming accuracy of aircraft records as well as inspecting, troubleshooting, removing and installing all aircraft system components when need be. Specialist technicians include communication & navigation, instrument flight controls, electronic warfare, jets, hydraulics, and electrical environmental. These maintainers have specialized training in their individual fields to troubleshoot, isolate, and repair mission specific systems. Our weapon load teams consist of four qualified technicians who inspect, load and repair both nuclear and conventional weapons systems. Behind these maintainers are our support technicians who provide the necessary tools and technical data to get the job done. Additionally, these maintainers are supported by a commander's support staff that is responsible for all administrative aspects to include certifying and enabling

proper clearances, training, mobility, and other administrative functions in order to guarantee our maintainers are ready to work and deploy at a moment's notice. Together, under the guidance and direction of highly trained Senior NCOs, this team produces a lethal capability unlike any other in the world.

The B-2 bomber is a vital piece of the large Department of Defense puzzle; however, without the men and women of the 509th AMXS the B-2 would not be able to provide safe and reliable aircraft for six flying squadrons enabling both nuclear and conventional readiness, along with critical test and training missions. The squadron has a proven record of excellence to include winning the Best Bomber Nuclear Load Team as well as the Best Bomber Nuclear Aircraft Crew Chief Team during the 2015 Global Strike Challenge. Not to mention, AMXS is a crucial part of the reason the 509th Bomb Wing has captured the Fairchild Trophy two years in a row. So next time you ask maintainers what they do, remember, they're not just mechanics. They are the machine-the machine that enables the B-2 mission to be one of the most important missions in the United States Air Force.

THE WARRIOR

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Brig. Gen. Paul W. Tibbets IV
509th Bomb Wing Commander

Capt. Karl Wiest
Chief, Public Affairs

2nd Lt. Matthew Van Wagenen
Public Affairs Officer

Airman 1st Class Michaela Slanchik
Editor

Senior Airman Danielle Quilla
Senior Airman Sandra Marrero
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Photojournalists

The Sedalia Democrat
Layout and Design

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For more information, call the Warrior office at 660-687-6126, email Whiteman.Warrior@us.af.mil, fax 660-687-7948, or write to us at Whiteman Warrior, 509th Bomb Wing, 509 Spirit Blvd. Suite 116, Whiteman AFB, Mo., 65305.

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COLONEL KRESS ENTERED THE AIR FORCE IN 1993 AS A ROTC DISTINGUISHED GRADUATE AFTER COMPLETING A BACHELOR OF SCIENCE DEGREE IN NURSING FROM THE UNIVERSITY OF MASSACHUSETTS AT AMHERST. HER INITIAL ASSIGNMENTS WERE AS A TRI-QUALIFIED INPATIENT OBSTETRICAL NURSE. IN 1998, LIEUTENANT COLONEL KRESS WAS SELECTED FOR A WOMEN'S HEALTH NURSE PRACTITIONER AFIT SCHOLARSHIP AND ATTENDED THE VIRGINIA COMMONWEALTH UNIVERSITY. SINCE GRADUATION, SHE SERVED AS A WOMEN'S HEALTH NURSE PRACTITIONER IN A VARIETY OF CLINICAL AND LEADERSHIP POSITIONS TO INCLUDE WOMEN'S HEALTH ELEMENT LEADER, MATERNAL CHILD FLIGHT AND PRIMARY CARE FLIGHT COMMANDER ROLES. BEFORE ASSUMING HER CURRENT DUTY, SHE WAS ASSIGNED TO THE 51ST MEDICAL OPERATIONS SQUADRON AT THE AIR FORCE'S MOST PERMANENTLY BASED, FORWARD-DEPLOYED FIGHTER WING AS THE PRIMARY FLIGHT COMMANDER AND DEPUTY, MEDICAL OPERATIONS SQUADRON COMMANDER.

509th MDG COMMANDER
COL. KRESS

DEFENSOR VINDEX
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COL. CHRISTINE KRESS

509th MEDICAL GROUP AIR FORCE WHITEMAN AIR FORCE BASE

Upholding the Legacy of Excellence -- your legacy!

Public Affairs is offering the opportunity for you, members of Team Whiteman (to include active duty, Guard, Reserve, civilian and retired military), to submit commentaries about your personal experiences with or reflections on the 509th Bomb Wing's Legacy of Excellence and what it means to you.

Submissions must be 250-1200 words in length and will be reviewed for content, grammar and style before publication by the Public Affairs staff. Once approved,



one commentary will be posted in the Whiteman Warrior base newspaper weekly.

To make a submission, please email

the 509th Bomb Wing PA office at 509.bw.pa@us.af.mil. Please include "UTL Commentary" as the subject line. Lastly, please ensure that you include information about yourself, such as your name and rank, job title, and any information that could help tie you to the Legacy.

Photos are accepted! Please ensure that they are either official military photos or scans/digital copies of personal photos.

We look forward to publishing your story!

On the cover

U.S. Air Force photo/
Senior Airman Danielle Quilla

A participant of the Independence Day Celebration aims an arrow at a hover ball inflatable target at Whiteman Air Force Base, Mo., June 30, 2016. In addition to the inflatable activities, the event also included live music, a zip line, refreshments, a face-painting and balloon station prior to an evening of fireworks.

NEWS BRIEFS

Disposition of Personal Effects

Capt. Justin Baier is authorized to make disposition of the personal effects of Senior Airman Jonathan DeCoe, deceased, 509th Aircraft Maintenance Squadron, as stated in AFI 34-511, Disposition of Personal Property and Effects. Any person having claims for or against the deceased please contact Capt. Justin Baier at (614) 395-9918.



U.S. Air Force Eagle Eyes provides service members and civilians a safe, discreet and anonymous option to report criminal information, counterintelligence indicators or force protection concerns.

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4. Create a passport, select New Tip and fill out the form with as much information as possible.

How to report an anonymous tip VIA text message:

Text "AFOSI" plus your tip information to 274637 (CRIMES)

Air Force Housing website

Visit www.housing.af.mil to find your new home with the Air Force. This website serves as a one-stop shop for Airmen and their families to obtain information about the housing options and support services available to them at Air Force bases worldwide.

Stealth Lounge

If you are a young Airman, let the Stealth Lounge make your time at Whiteman more fun. Stop by after work to play some pool, darts, foosball, or the newest games on Xbox One or Playstation 4. The lounge opens at 4 p.m. during the week and noon on weekends. There is free dinner every Friday at 4:30 p.m. There are also free premium snacks and Wi-Fi. Come for the free stuff, stay for the fun and friends.

Please like the Stealth Lounge on Facebook to stay up to date on special events and tournaments.

WEATHER

Today	Saturday
Mostly Sunny	Chance of Storms
Hi 88	Hi 85
Lo 71	Lo 68

Sunday	Monday
Chance of Storms	Chance of Storms
Hi 86	Hi 87
Lo 69	Lo 71

509th Communications Squadron change of command



U.S. Air Force photo/Senior Airman Danielle Quilla

U.S. Air Force Maj. Nathaniel Osborne, the commander of the 509th Communications Squadron (CS), receives the formation first salute during the 509th CS change of command ceremony at Whiteman Air Force Base, Mo., July 6, 2016. Osborne assumed command from U.S. Air Force Lt. Col. Eric Tucker.

509th SFS changes command



U.S. Air Force photo/Senior Airman Sandra Marrero

U.S. Air Force Col. Aeneas Gooding, the 509th Mission Support Group commander, presents the Meritorious Service Award to Lt. Col. Jeffery Carter, the outgoing 509th Security Forces Squadron (SFS) commander, at Whiteman Air Force Base, Mo., July 6, 2016. Carter relinquished command of the 509th SFS to Maj. Justin Secret.

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509th MUNS gains new leader



U.S. Air Force photo/Senior Airman Sandra Marrero
U.S. Air Force Maj. Timothy Liebold, the 509th Munitions Squadron commander, addresses the audience during a change of command ceremony at Whiteman Air Force Base, Mo., June 30, 2016. Liebold assumed command from U.S. Air Force Maj. Matthew Drossner.

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Talon takeoff



U.S. Air Force photo/Senior Airman Jovan Banks

A U.S. Air Force T-38 Talon aircraft takes off during a training flight at Whiteman Air Force Base, Mo., June 30, 2016. The T-38 is a key element to the Whiteman mission, providing essential training hours for future and current B-2 Spirit pilots. It needs as little as 2,300 feet of runway space to take off and can climb to nearly 30,000 feet in one minute.

509th CES: Airmen in the attic



U.S. Air Force Senior Airman Eric Miller, a 509th Civil Engineer Squadron electrical systems journeyman, saws a conduit for new wiring at Whiteman Air Force Base, Mo., July 5, 2016. Metal conduits are a wiring method that provides mechanical protection to the enclosed electrical system.



U.S. Air Force Airman 1st Class Farid Dom, a 509th Civil Engineer Squadron electrical systems apprentice, installs a light at the new Airman's Attic at Whiteman Air Force Base, Mo., July 5, 2016. The Airman's Attic accepts clothing and household good donations which are offered for free to Airmen E-5 and below.



U.S. Air Force Senior Airman Eric Miller, a 509th Civil Engineer Squadron electrical systems journeyman, mounts a four-inch square outlet box to the wall of the new Airman's Attic at Whiteman Air Force Base, Mo., July 5, 2016. The Airman's Attic is scheduled to open at its new location on August 19, 2016.



U.S. Air Force Staff Sgt. William Shelden, a 442d Civil Engineer Squadron structural journeyman, cuts a new ceiling tile for the new Airman's Attic at Whiteman Air Force Base, Mo., July 5, 2016. A building that was previously unoccupied is now being renovated to host the Airman's Attic.

*U.S. Air Force photos/
Airman 1st Class
Michaela R. Slanchik*

Whiteman Airmen promote into leadership positions



U.S. Air Force photo/Airman 1st Class Michaela R. Slanchik

U.S. Air Force staff sergeant promotees acknowledge and accept the noncommissioned officer's charge at Whiteman Air Force Base, Mo., June 30, 2016. Whiteman's newest NCOs received their certificate of induction at the promotion ceremony.

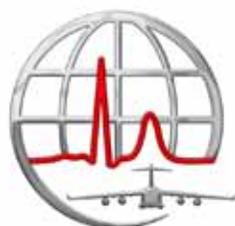


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Independence Day Celebration



U.S. Air Force Brig. Gen. Paul W. Tibbets IV, the 509th Bomb Wing (BW) commander, left, and Chief Master Sgt. Melvina Smith, 509th BW command chief, right, prepare to spar on the inflatable jousting challenge during the Independence Day Celebration at Whiteman Air Force Base, Mo., June 30, 2016. More than 10 inflatable activities and a zip line were available to guests at the event.



LEFT: Fireworks light the night sky during the Independence Day Celebration at Whiteman Air Force Base, Mo., June 30, 2016. This was the first year the show used 8-inch shells, versus the usual 6-inch shells, for a bigger display for Whiteman personnel and their families.

RIGHT: A participant of the Independence Day Celebration throws a ball toward the dunk tank button at Whiteman Air Force Base, Mo., June 30, 2016. Personnel and their families had the opportunity to send their squadrons' first sergeants into the tank of cold water.

*U.S. Air Force photos/
Senior Airman
Danielle Quilla*



U.S. Air Force Brig. Gen. Paul W. Tibbets IV, the 509th Bomb Wing commander, gives opening remarks during the Independence Day Celebration at Whiteman Air Force Base, Mo., June 30, 2016. A performance by the Missouri National Guard's 135th Army Band followed the opening remarks.



A 131st Medical Group member holds up a half order of buffalo and honey barbecue chicken wings with fried rice served at their tent during the Independence Day Celebration at Whiteman Air Force Base, Mo., June 30, 2016. The food and drinks were part of the celebration held at Ike Skelton Lake for Whiteman personnel and their families.



U.S. Air Force Senior Airman Christian Anthony, left, and Senior Airman Brandon Oourke, right, 509th Maintenance Squadron members, grill chicken wings during the Independence Day Celebration at Whiteman Air Force Base, Mo., June 30, 2016. Squadrons participated in the event by selling refreshments or supervising activities for Team Whiteman.



Meredith, daughter of Tech Sgt. Jaime Conui who is assigned to the 509th Maintenance Squadron, offers food to a goat during the Independence Day Celebration at Whiteman Air Force Base, Mo., June 30, 2016. Youth had the opportunity to get up close to farm animals, walk through a bird exhibit and ride a pony at the event.

Goldfein swears in as 21st CSAF

By Staff Sgt. Alyssa C. Gibson
Secretary of the Air Force Public Affairs
Command Information

WASHINGTON (AFNS) -- Gen. David L. Goldfein was sworn in as the Air Force's 21st chief of staff by Air Force Secretary Deborah Lee James during a ceremony at the Pentagon on July 1.

As the Air Force's most senior uniformed leader, Goldfein is responsible for ensuring the 660,000 active-duty, Guard, Reserve and civilian Airmen under his command are fully trained and equipped. He also joins the Joint Chiefs of Staff as an adviser to the secretary of defense, National Security Council and the president of the United States.

"The Air Force is going to be relying on your determination, General Goldfein, to improve readiness, to improve our modernization, and most importantly -- always at the top of the list -- taking care of our Airmen," James said. "It is a huge responsibility, it's also an honor, and it's also a great privilege, and I have every confidence that you are going to take our Air Force to new heights."

One of Goldfein's first acts as chief of staff was to make a pledge to his Airmen.

"(This is) my commitment to you -- to work every day to give you everything I've



Gen. David L. Goldfein

got, to leave nothing on the table, to remain laser-focused on warfighting excellence, to find the opportunity in every challenge, to treat team building as a contact sport, and to be worthy of this honor," he said. "And I can't wait to get started. Fight's on!"

In his previous position as the Air Force's vice chief of staff, Goldfein presided over the Air Staff, and served as a member of the Joint Chiefs of Staff Requirements Oversight Council and Deputy Advisory Working Group.



U.S. Air Force photo/Andy Morataya

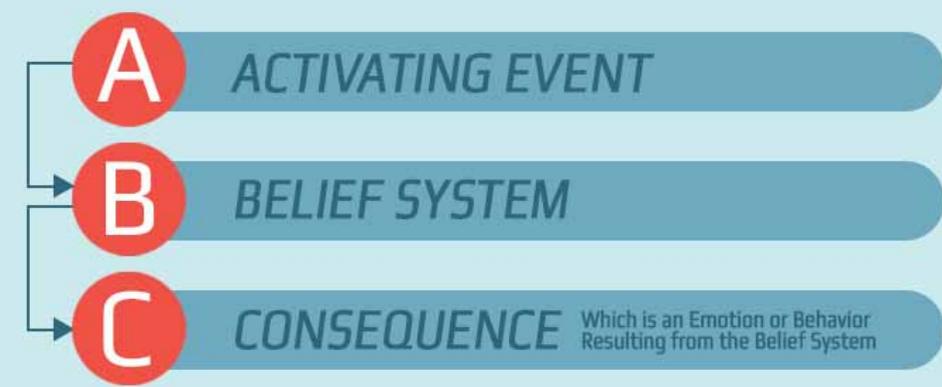
Air Force Secretary Deborah Lee James reads the oath of office to Air Force Chief of Staff Gen. David L. Goldfein as his wife, Dawn, holds the chief of staff Bible during a swearing-in ceremony at the Pentagon in Washington, D.C., July 1, 2016. Goldfein became the 21st chief of staff of the Air Force.



View the *Whiteman Warrior* online by logging onto www.whiteman.af.mil

Coping with stress through healthy thinking

ABC's of EMOTION



By Prerana Korpe

Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. -- Stress. Even mention of the word can increase anxiety for some. Everyone deals with stress differently, but how you cope with daily stressors can have great impacts on your quality of life and overall health.

Stress is actually the body's response to any demand, including change. According to the National Institute of Mental Health, there are at least three types of stress which can create risks to physical and mental health. These include routine stress, stress brought about by a sudden negative life event and traumatic stress, which can be experienced after a distressing or life-threatening event. Routine stress incorporates stress related to daily pressures.

Not all stress is bad. The Centers for Disease Control and Prevention reports that stress can help people develop coping and adaptation skills to deal with new or potentially harmful life situations. Stress is a natural phenomenon which helps us develop the ability to deal with challenges, obstacles and even failures.

Maj. (Dr.) Joel Foster, chief, Air Force Deployment Mental Health, explains that coping with daily stressors in a healthy way and getting the right care can help put problems into perspective, and reduce the negative impact of stressful feelings. Just like practicing a sport improves agility and strength, actively managing stress day-to-day can help build adaptive resistance to the negative effects of stress.

"Life is full of challenges. It is important to recognize and embrace this," said Foster. "If you have expectations that things are going to be easy, you are setting yourself up to experience a lot of frustration. It is important to have realistic expectations of how things will be."

"Everyone faces daily stressors," Foster said. "Experiencing this stress does not mean there is something wrong with you and the avoidance of problems should not be the ultimate goal." Foster emphasizes that embracing the fact that challenges are part of life is key.

The Air Force is actively engaged in social norming campaigns that provide information to help people feel more comfortable about seeking and receiving care, in an effort to promote healthy lifestyle behaviors. There are healthy ways to manage stressors and people are encouraged to seek appro-

appropriate care as needed. The emphasis is that healthy people seek the help they need. "We are not intended to manage these stressors alone," said Foster. "Reaching out for help is a sign of strength, not weakness."

Healthy coping is about aligning our thoughts with reality, explains Foster. "Many people do not align thinking with reality and distortions in thinking can lead to depression and anxiety."

According to Foster, distortions in thinking are thoughts just below the surface of our awareness. We usually do not say them out loud, but they guide our behavior. These distortions influence the way we feel and behave. Part of healthy thinking is to examine these distortions and make corrections to align our thoughts with reality.

Take for instance, striving for excellence. While this is a positive goal, it is important to remember that we all fail at some time. The process of learning from those mistakes and failings and realistically assessing the situation is critical to maintaining healthy thinking. Making mistakes or failing at some point is expected and this is part of the journey towards excellence. When you make a mistake, quickly bounce back rather than going down the path of cognitive distortion. For example, instead of fixating on the mistake or failure, accept that everyone makes mistakes. Part of healthy thinking and adapting to stress is to recognize when distorted thinking may arise. It is important to recognize this and make an active effort to put the stressful thought into perspective.

Adaptive coping is a healthy strategy for everyone, explained Foster. Healthy thinking helps to avoid cognitive distortions, or mistakes in thinking.

ABCs of emotion:

"A" stands for activating event.

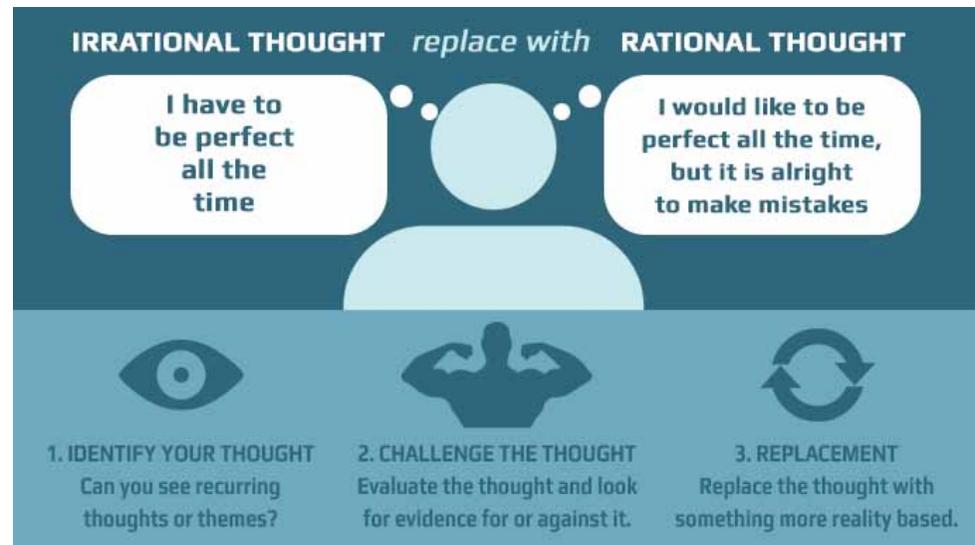
"B" stands for belief system.

"C" stands for consequence, which is an emotion or behavior resulting from the belief system.

Maj. Foster says it is important for people to understand the relationship between these three variables.

Let us take for example, making a mistake at work. This would be considered the activating event. If you consider the consequence, you might feel depressed or sad. It is important then to examine the belief system, through which everything is filtered.

A, making a mistake at work, filters through B, the belief system, to get to C, the consequence, which is the emotion or action resulting from A processed through B.



If for example, you believe you have to be perfect and that it is a terrible thing to fall short of perfection, then, a mistake can result in distorted thinking and adverse emotions or actions may ensue. It is important to adjust the belief system, in order to process activating events in a healthy way and avoid mistakes in thinking.

A healthy alternate involves replacing the maladaptive irrational thought with an adaptive, rational thought.

Irrational thought: I have to be perfect all the time.

Replace with rational thought: I would like to be perfect all the time but it is alright to make mistakes. I can learn from making mistakes. I will achieve excellence only by learning from my mistakes.

1. Identify your thought

Can you see recurring thoughts or themes?

2. Challenge the thought

Evaluate the thought and look for evidence for or against it. Does the thought make sense? Is it an irrational thought which is not consistent with evidence and reality? Would this thought be supported in a court of law? Is there any evidence that disputes this thought?

3. Replacement

Replace the thought with something more reality based. Replace the maladaptive irrational thought with more adaptive rational thoughts.

Thinking, emotions and behaviors are inter-correlated. The more you make an active effort to engage in healthy thinking and the more realistic your thoughts, the more positive your thoughts and you will be engaged in the positive feedback loop.

The goal of the ABC model is not to go from negative thinking to positive thinking, explained Foster. "It is about making subtle changes in irrational distorted thoughts. It is important to bring thoughts more in line with reality," he said. "Making small changes can have a huge impact on quality of life." Something like changing a thought from "I must be perfect all the time," to "I would like to be perfect all the time," can make a huge impact. The outcome is not that you do not feel any negative emotions, but they are less intense, do not last as long, and do not lead to extreme behaviors. Foster emphasizes that it is important to work within the context of life. The goal is not to avoid problems, but to embrace challenges and work through them with rational, adaptive, reality-based thoughts. This is the basis

for healthy thinking.

Rational thinking is very much in line with the Comprehensive Airman Fitness model which includes four pillars: physical, spiritual, mental and social. Attending to each of these four pillars is more likely to help a person lead an adjusted and well-balanced life. Maintaining a good balance in these areas leads to more healthy outcomes, explained Foster. For example, physical exercise reinforces good mental functioning because of changes within your brain resulting from exercise. These changes have mood elevating effects. Social relationships can influence the way you think about yourself. The spiritual domain encompasses an awareness of your values. This involves contributing to the world in a meaningful way. Leading a life that is full of purpose and meaning is an important factor that contributes to people's sense of wellbeing. Improving the way you think decreases cognitive distortions and allows people to bounce back from disappointment, overcome adversity and maintain a sense of meaning and purpose throughout life's challenges.

"Most of the research that has been conducted in the area of psychotherapy—particularly psychological disorders—demonstrates that cognitive behavioral therapy is probably the most effective form of intervention for people with psychological distress and disorders," Foster said.

Cognitive behavioral therapy, or CBT, builds on the ABC model to examine the relationship among events, beliefs, behavior and emotions. From this approach, it is not the events that can make a person feel miserable, but the interpretation of those events.

The CBT model is short-term, typically ranging between six to 12 sessions with an outpatient therapist. Depending on the issue at hand, these sessions lend themselves to the compressed military environment and offer time-limited therapy in lieu of several months of treatment.

"CBT is highly effective, adaptable and easily taught," said Foster. "We have very good research to support this type of intervention."

Individuals interested in exploring CBT are encouraged to talk to their health care provider. The Air Force Behavioral Health Optimization Program uses cognitive therapy models and offers behavioral health care through a primary care setting. BHOP is available to all beneficiaries and does not require a referral.



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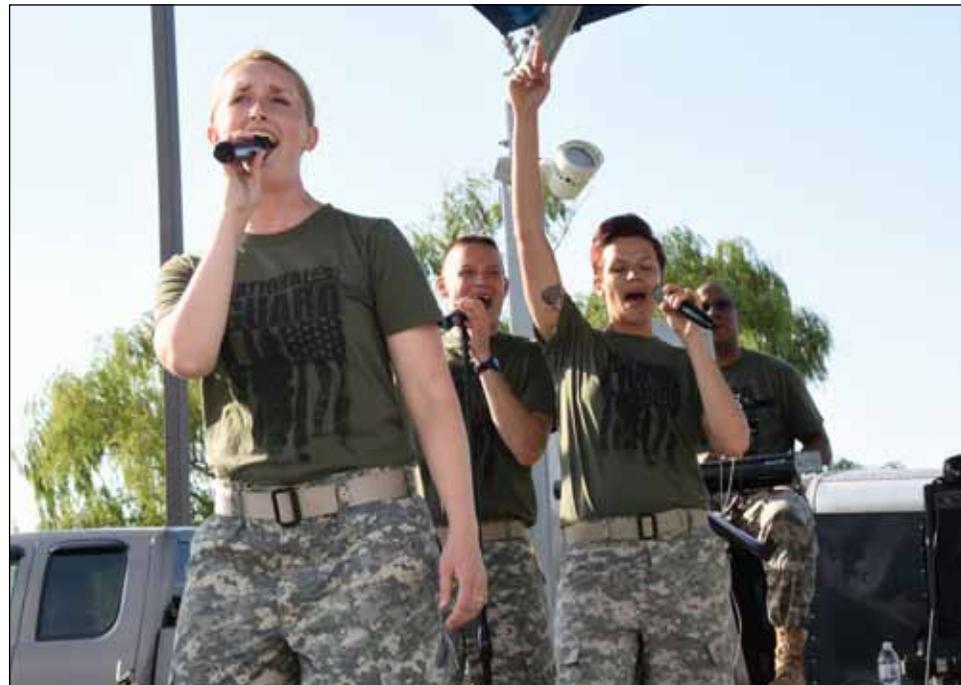
The Freedom Smoking Quitline is a National Institutes of Health-Funded research study, co-sponsored by the 59th Medical Wing and University of Tennessee Health Science Center. The Study is enrolling TRICARE beneficiaries that are motivated to quit smoking.



THINK SAFETY

**Uphold the legacy of
EXCELLENCE**

Missouri National Guard band visits Whiteman



Members of the Missouri National Guard's 135th Army Band perform at the Independence Day Celebration at Whiteman Air Force Base, Mo., June 30, 2016. The 135th Army Band's rock element, Fire for Effect, and the country element, Show Me Country, teamed up as a "super group" and performed a wide offering from various artists and eras of music.

*U.S. Air National Guard photos/
Senior Master Sgt. Mary-Dale Amison*