

W2 Monthly Communications Update | October 2023

Key Topics

This month you should be focusing your efforts on **Sleep, Stress and Resiliency** and **Physical Optimization** and **Nutrition**. Visit the following links for resources on these areas:

Sleep, Stress and Resiliency: <https://www.med.navy.mil/Navy-and-Marine-Corps-Force-Health-Protection-Command/Population-Health/Warfighter-Wellness/Sleep-Stress-Resiliency/>

Physical Optimization: <https://www.med.navy.mil/Navy-and-Marine-Corps-Force-Health-Protection-Command/Population-Health/Warfighter-Wellness/Physical-Optimization/>

Nutrition: <https://www.med.navy.mil/Navy-and-Marine-Corps-Force-Health-Protection-Command/Population-Health/Warfighter-Wellness/Nutrition/>

Health Observances

Daily:

- **06 October:** World Smile Day
- **06 October:** National Depression Screening Day
- **10 October:** World Mental Health Day
- **13 October:** Breast Cancer Awareness
- **16 October:** World Food Day
- **20 October:** National Mammography Day
- **21 October:** National Check Your Meds Day
- **29 October:** World Stroke Day
- **31 October:** Halloween

Weekly:

- **1 October – 7 October:** Mental Illness Awareness Week
- **12 October – 20 October:** Bone and Joint Health Action Week

Monthly:

- Breast Cancer Awareness Month
- National Physical Therapy Month
- Eye Injury Prevention Month
- Halloween Safety Month
- Domestic Violence Awareness Month
- Emotional Wellness Month
- Sudden Cardiac Arrest Awareness Month
- Healthy Lung Month

MHS Monthly Observances

N/A

Social Media

Each month you should complete **at least one** of the following items through your command's social media page:

Like the W2 Facebook page: www.facebook.com/warfighterwellness/

Follow the W2 Instagram account: www.instagram.com/warfighterwellness/

Like, comment, or share a post from the W2 Facebook and/or Instagram page.