

## W2 Monthly Communications Update | August 2023

### Key Topics

This month you should be focusing your efforts on **Tobacco, Drugs and Alcohol Abuse** and **Sleep, Stress and Resiliency**. Visit the following links for resources on these areas:

**Tobacco, Drugs and Alcohol Abuse:** <https://www.med.navy.mil/Navy-and-Marine-Corps-Force-Health-Protection-Command/Population-Health/Warfighter-Wellness/Tobacco-Drugs-Alcohol-Abuse/>

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

Additionally, W2 will continue to showcase two handouts for August, (1) **Gardening and Yardwork Safety** and (2) **Open Water Safety** and two posters, (1) **Open Water Safety: A Guide for Staying Out of Harm's Way** and (2) **Summer Safety: A Guide for Heat-Related Injury Prevention**. This content is currently published to the Warfighter Wellness website and will be linked from social media.

### Health Observances

#### Daily:

- 01 August – World Lung Cancer Day
- 16 August – Drive Sober or Get Pulled Over Campaign (*continues through 04 September*)
- 30 August – National Grief Awareness Day
- 31 August – International Overdose Awareness Day/Opioid Misuse Prevention Day

#### Weekly:

- N/A

#### Monthly:

- National Immunization Awareness Month
- National Breastfeeding Month
- Psoriasis Action 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/](http://www.facebook.com/warfighterwellness/)
- Follow the W2 Instagram account: [www.instagram.com/warfighterwellness/](http://www.instagram.com/warfighterwellness/)
- Like, comment, or share a post from the W2 Facebook and/or Instagram page.