



Junior Officer Advisory Group Readiness & Deployment Committee Behavioral Health Team

Practicing Wellness

September 2022

Lessons from the Field: **Praise Yourself: You are Amazing!**

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On a Sunday in May 2022, LT Benoit volunteered as a nurse for the Street Medicine Team for the University of Arizona Mobile Health unit mission in downtown Phoenix, Arizona. Thirty PHS Officers of all disciplines joined the task. Medical and Veterinary students from the University also joined the mission to support the downtown Phoenix community. To see the number of people experiencing homelessness living in tents on the hot streets of Arizona was beyond words. The team provided education on the benefits of taking vaccines and offered COVID-19 and Hepatitis A vaccines to the people in the community.

On her way back from volunteering, LT Benoit saw a beautiful mural on one of the buildings. It stated, "You are Amazing." This statement on the wall encompasses the mission provided that day and every day by Public Health Service Officers. Whether deployed or working in our agencies, we want to let you know that YOU ARE AMAZING! And encourage you to engage in self-praise.



Self-praise plays an important role in our wellness, self-confidence, and desire to get ahead. Too often, we tell ourselves negative stories. We look at ourselves under a microscope from a place of deficiencies. Instead, take a few minutes each day to recognize your small accomplishments. While we often think of outside praise as building our self-confidence; self-confidence comes from within. Telling yourself "good job" is not always enough. Instead, take note of your internal dialogue. When you start thinking "I am not doing enough," take a deep breath to center yourself and reframe your perspective. In the end, you are your biggest influencer.

Continue to do great work. We want to thank all PHS Officers for their services, and no matter the challenges, your job is important, impactful, and AMAZING!