

# NE ST

### TF INFO

The Pulse uses your TF input.

Send content submissions and requests to: ols-ict@sg.tmd.texas.gov

As Soldiers, we must take care of and serve others. How can we do this if we are depleted, tired, in lack, depressed, lonely, or just fed up? Using Al, I ran across a summary of self-care in a biblical sense. According to Google's AI summary, Brita Long says the following:

Self-care is a biblical concept that Christians can practice to honor God and serve others. It's a way to show that you love God with your whole heart and soul.

#### Explanations:

- Self-care is a way to glorify God: Christians are called to glorify God in everything they do, including taking care of themselves.
- Self-care helps you serve others: When you're physically and emotionally healthy, you can better love and support those around
- Self-care is not selfish: When you take care of yourself, you're better able to serve God and others.
- Jesus showed us how to take care of ourselves: Jesus took time to get away from crowds to rest or spend time with God.
- Self-care is about loving yourself: You can't love others if you don't love yourself first.
- Self-care can help you endure difficult times: Self-care can help you have the strength to carry you through difficult seasons.

#### Examples of Self-care:

Taking time to rest and relax

**Praying** 

- Reading the **Bible**
- Taking a deep breath
- Worshiping
- Giving thanks for small moments

### NEWS UPDATES ArmyTimes MilitaryTimes

STARS STRIPES

Operation Lone Star II Departure

Transforming and Moderenizing Military Policing

Airman dead after shooting at Kirtland Air Force Base

Senate confirms Daniel Driscoll as new Army secretary Military spouses still face confusion in federal returnto-office rule

Army will field its long-range hypersonic weapon by end of fiscal year

Health authorities are on Alert in San Antonio, Texas, as an individual diagnosed with the highly communicable measles visited several public places in San Antonio, Texas.

On February 15, these are the potential locations of exposure:

- -UTSA Main Campus 10 am to 2 pm Riverwalk Attractions 2:30 pm to 5:00 pm:
- --Wax Museum
- --Ripley's Believe it or Not
- --Ripley's Illusion Lab
- Mr. Crabby's Seafood and Bar, Live Oak 6:00 pm to 8 pm.

If you or someone you know visited these places at around the times listed (+2 hours after), please be alert for any rashes, cough, or flu-like symptoms. If you show symptoms, please seek immediate medical care.







STRATOGUN

Platform: VR PC, Switch, Xbox

Series X/S, PS5

Genre: Arcade Shooter Release: March 2025



XENOBLADE CHRONICLES X **DEFINITIVE EDITION** 

Platform: Switch Genre: RPG

Release: March 20, 2025



ASSASSIN'S CREED SHADOWS

Platform: PS, Xbox, PC, macOS,

**iPadOS** 

Genre: Action RPG Release: March 20, 2025



**ATOMFALL** 

Platform: PC, Xbox, PS

Genre: Survival

Release: March 27, 2025









## LONE STAR P

**OLS RESOURCES GUIDE** 



SERVICE MEMBER
SUPPORT

JOB OPPORTUNITIES

EDUCATION INFO

**OLS POLICIES** 





Click here for Scam warning



If you need assistance preparing for ACFT events, we invite you to join us! Everyone is welcome to attend our sessions every Monday, Wednesday, and Friday @ 1700 outside B-08. We look forward to seeing you there!

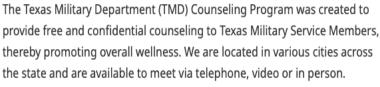
## TMD Counseling Program

Promoting Emotional Wellness, Resiliency and Readiness of our Military Community.

The Texas Military Department Counseling Program can be reached via the counseling line.



512-782-5069



What services do our counselors provide?

- · Individual counseling
- · Counseling Line support
- Traumatic Event Management
- Collaboration with Unit Leadership to promote wellness



Suicide Prevention Lifeline

1-800-273-8255



**DOD Safe Helpline** 

1-877-995-





Domestic Violence Hotline

1-800-799-7233



Military One Source

1-800-342-

9647









## LONE STAR











STEM DISSECTION KITS

#### **OPEN TO TXARNG DEPENDENTS AGES 6-18**

#### WHAT IS INCLUDED IN THE BOX?

PRESERVED ANIMAL OR GUMMY RAINBOW/CLOUDS
DISSECTION SCISSORS
FOAM DISSECTION TRAY
DISSECTION GUIDE
PLASTIC FORCEPS
SCALPEL



PLEASE BE ADVISED
THAT ADULT
SUPERVISION IS
REQUIRED FOR ALL
DISSECTION KITS.

REGISTRATION FOR DISSECTION KITS OPENS FEBUARY 14TH 2025 AND CLOSES FEBUARY 28TH, 2025 THIS EVENT IS FULLY FUNDED BY THE TEXAS CHILD AND YOUTH PROGRAM POC: HANNAH.A.WALKER8.CTR@ARMY.MIL OR 512-364-5005

HTTPS://FORMS.GLE/CTQ.6UNIRCKAMY9T68T

Registration ends this Friday, Feb. 28th

# Armed Forces

## APPRECIATION DAY

HOUSTON LIVESTOCK SHOW AND RODEO™



## SAVE THE DATE

WEDNESDAY, MARCH 5, 2025

7 DAY FORECAST

**FOR YOUR AREA** 

Thu

**?** 

Fri



Sat



Sun

77

Mon



Tue



79° 59°

76° 59°

82° 61°

84° 67°

84° 69°

89° 65°

91° 56°



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OLS Rally Point	TXSG	1 Feb -
OLS Kally Polit		-

