



REMAINING RESILIENT

INFORMATION AND RESOURCES FROM YOUR PATRICK CAPE HELPING AGENCIES



Celebrate Good News!

Did you know that celebrating Good News with others can strengthen relationships? Celebrating Good News provides a boost of positive emotion for both you and the person you are supporting, and those positive conversations lay important groundwork for times when someone needs your support. And, yes that is true even if you don't find the news itself interesting. It is not about the news – it is about the person!



What **NOT** to do? These three responses can deflate the conversation. As an example, your friend tells you about their plan to buy a new car.

Squash: "Are you sure that's a good idea? Buying a car is expensive and can put you into debt for a long time. New cars depreciate as soon as you drive them off the lot."

Shut Down: "That's nice" and return to looking at your phone or work.

Steal: "Oh, great. Let me tell you about my new car. I bought a beauty at a great price. I want to show you some pictures."

When someone shares good news, help them celebrate by asking questions, being authentic and engaged, and by showing enthusiasm, support, and interest. For example:

Celebrate: "That sounds fantastic. What are you going to buy? Have you test drove them? Tell me about it."

Free Mindfulness Webinar – Part Two

Ms. AJ Adams, Air Force instructor for the Mater Resilience Trainer Course and UPenn Master of Applied Positive Psychology Alumni, is conducting two free webinars on mindfulness.



Click here https://youtu.be/sp9J_yHrhOk on a non-Gov't device for part 2 of our Mindfulness webinar from AJ Adams. You will find 30 minutes of content followed by 15 minutes of Q & A.

You can find part 1 at: <https://bit.ly/2JYZhfO>

Resilience Tool Links

The Military OneSource: **Recommended Wellness Apps page**. Free tools developed by the Department of Defense, Veterans Affairs, psychologists and other partners.

The Defense Health Agency **Military Meditation Coach** podcast offers relaxation exercises and tips to keep your mental health on track. Tune in during your self-care breaks to relax and clear your mind.



WHAT WILL YOUR 'NEW NORMAL' BE?

IMPROVE YOUR HEALTH ONE DAY & ONE GOAL AT A TIME



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Air Force Health Promotion HQ

Wellbeats

Anytime.
Anywhere.

FITNESS THAT FITS



Did you know that Patrick AFB Fitness and Sports Center is providing **FREE** access through May 31 to Wellbeats Promotion? Wellbeats is live streaming group fitness, virtual fitness classes and channels. It is free to Active Duty, Civilians, Contractors and Retirees.

Learn more at <https://www.gopatrackfl.com/sports-and-fitness.html> and use the **FREE** Air Force Invitation Code provided at gopatrackfl.com/sports-and-fitness. You can use it on your home computer or personal electronic devices.



Air Force EAP
1-866-580-9078

www.AFPC.AF.MIL/EAP

The Importance of Practicing Self-Care During Times of Stress

You're used to giving it your all. It's what service members and military families do. It is unrealistic to be on the go 24/7 when stress is already high. Taking care of yourself is key. Think of your response to any ongoing crisis as a marathon, not a sprint. The only way to get through it is to pace yourself so you can see to your own needs as well as those of others. Safeguarding your mental health and well-being is just as important as using the right tools for the job. Practice self-care with these three steps:

Three Steps To Self-Care

Recognize the signs of burnout: anxiety, irritability, disengagement, low mood and exhaustion.

Take a break: Even 10 minutes to yourself can help you recharge. Use the time to do something that lifts your spirits. Take a brisk walk, practice deep breathing, check out the free digital health tools below. If you tend to lose track of time when you're busy, set a reminder on your phone or wearable device.

Help create a positive environment: We are all in this together, both at work and at home. It is important to lift each other up. Let your coworkers and family know you appreciate them. Be generous with praise, notice their accomplishments, be helpful and kind.

Making The Best of Restaurant Food

As we start thinking about going back to restaurants, remember to balance healthy eating. Most restaurant meals can contain a full days' worth of sodium, fat and calories. Here are a few tips when taking a break from cooking at home:

Be intentional: Stick to your nutrition goals. Create a structured plan for balanced meals and exercise. Remember, eating out is a treat not an everyday routine. You are in control.

Think portions: Share portions, use a plate and try to limit seconds, and save your leftovers for another meal.

Try a new cuisine: Many evidence-based eating patterns such as the Mediterranean or plant-based eating patterns can be the basis for a healthful diet. Many cultures eat meat rarely or sparingly, with a wide variety. Try whole grains that you have not eaten before (quinoa, ancient grains, brown rice, beans), order grilled proteins, order grilled/steamed/stir fried non-starchy vegetables, get condiments on the side, skip the cheese, and start with a salad with a low fat dressing on the side.

Think about the foods name: Loaded words include "breaded", "fried", "refried", "crispy", etc. These words typically mean they have a lot of hidden fat and sodium. Ask how vegetables are prepared, remember butter and salt are added to many restaurant foods. Choose leaner cuts, "legs and loins" are typically leaner than center cuts. Don't be afraid to ask questions!

Watch your sides: Rice, pasta, risottos, corn, and potatoes are good spots to hide butter and oils. Starchy sides should make up one fourth of your plate.

Drink a calorie free beverage: Your favorite IPA is usually around 200 calories, a Dr. Pepper is 250 calories and your sweet tea is around 200 calories. Almost 40% of the sugar in our diets comes from sugar sweetened beverages like juice drinks, soda, sport/energy drinks, coffee and sweet teas. If you can't resist, limit to one and then switch to water.

Skip the dessert: Remember sweets and treats can lead to weight gain. Tame your sweet tooth by picking a low calorie dessert, share one dessert with the whole family, or plan a healthy dessert at home such as fresh seasonal whole fruit. Limit your sugar intake (sugar sweetened snacks, candies, desserts, beverages, etc.) to no more than 3 servings per week.

