



Remaining Resilient

7 Apr 2020

Information and Resources From Your Patrick Cape Helping Agencies

Chapel Worship Resources

Your 45 SW Chapel is using Facebook for worship & events.

Catholic www.facebook.com/patrickairforcebasecatholics
Please visit our Facebook page for our Patrick AFB Catholic Community. Like our page and watch for events. Live Mass Sunday, Tuesday - Friday at 1030. Watch Facebook for live events and you can always watch later.

Protestant www.facebook.com/patrickprotestantchapel
Facebook live sermons from our Patrick AFB Chaplains. Like our page and watch for events. Live Sermons Sunday at 0900 – Wednesday Bible Studies starting. Watch Facebook for live events and you can always watch later.

Bible studies, sermons and a clearing house of resources can be found at www.Christianworldmedia.com

Worship and Sermons Online

www.elevationchurch.org/sermons (Contemporary)
www.willowcreekchurch.org/sermons (Liturgical)
www.ccslorlando.org (Episcopal)
www.st.lukes.org/schedule (United Methodist)
www.Churchofthehighlands.com/kids/service (Children's worship online)

Jewish

www.Tiob.shulcloud.com (online worship available)
www.mytbs.org
www.TorahCafe.com

Muslim

www.isbcmelbourne.org (Islamic Society of Brevard County)
www.atlantamasjid.com (Online options available)

Buddhist

www.tvct.org (Local organization)
www.buddhistchurchesofamerica.org/livestreaming-and-recorded-temple-services

Hindu

www.hinduonline.co/hindureligion/hinduworship.html

Wiccan

www.wicca.org

If you have a religious need not listed the chapel can help you find resources. Call 321-494-4073

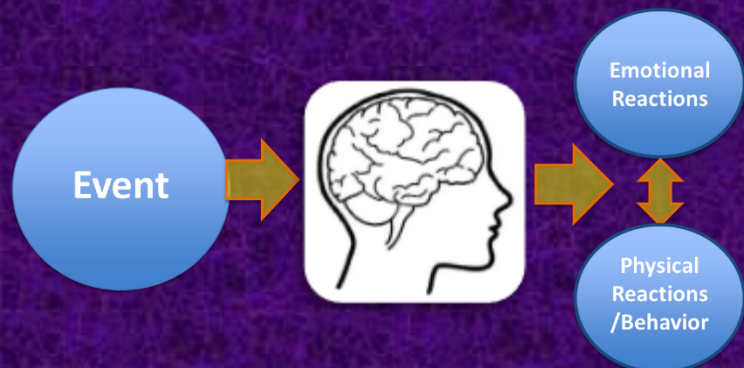
Staying Active During the Coronavirus Pandemic

The coronavirus (COVID-19) pandemic can make it challenging to maintain a physically active lifestyle. You don't have to sit and watch TV all day.

- Walk briskly around the house or up and down the stairs for 10- 15 minutes, 2-3 times per day.
- Dance to your favorite music.
- Jump rope (if your joints can handle it).
- Do an exercise video.
- Use home cardio machines.
- Download a strength workout app to your smart phone, such as the 7-Minute Workout
- Do a strength training video.
- Perform yoga – deep breathing and mindfulness can also reduce anxiety.
- Do Squats or sit-to-stands from a sturdy chair
- Do push-ups against a wall, the kitchen counter or the floor
- Lunge or do single leg step-ups on stairs



*Stay positive. Stay active.
Be smart and safe.*



Harness The Power of Your Mind!

Our thoughts drive our reactions. Are your reactions helping or hurting you and your relationships?

--Are you stuck at home, or safe at home?

--Is your routine out of whack, or do you have an opportunity to refocus your priorities?

Gain control over your emotional and physical reactions by controlling your thoughts.



AF RESILIENCE

LEADERSHIP TOOLS FOR CRISIS PREVENTION, INTERVENTION, & POSTVENTION

Your Air Force Resilience Site provides reliable information and resources.

Check out these helpful Apps and log on to <https://www.resilience.af.mil/Mobile-Apps-for-Resources/> for more!

LIFE ARMOR

With the LifeArmor app, military members and civilians can privately take self-assessments to recognize symptoms and learn more about PTSD, anger, depression, sleep problems and 12 other common mental health concerns. Explore causes, symptoms and solutions. Hear service members and veterans describe how they overcame their mental health challenges. The app was developed by psychologists at Defense Health Agency Connected Health, formerly known as the National Center for Telehealth & Technology.



VIRTUAL HOPE BOX

Use the award-winning Virtual Hope Box app to reduce your stress and anxiety and elevate your mood. Designed initially for use in conjunction with treatment, Virtual Hope Box is also beneficial for use as a self-care tool. Virtual Hope Box contains simple but powerful tools for relaxation, positive thinking and coping with depression.

PROVIDER RESILIENCE

Health care providers who treat any types of patients - including military personnel, veterans and their families - can protect themselves from burnout, compassion fatigue and secondary traumatic stress by using the Provider Resilience app. This research-supported, stress-reducing app gives you tools to assess and manage your risk for burnout, recharge your batteries, and keep yourself productive and emotionally healthy as a provider. The Provider Resilience app was developed by DHA Connected Health, a branch of the Defense Health Agency within the U.S. Department of Defense. Start using it now to protect your mental health and maintain the drive and energy you need to provide the best care.



Want To Connect?

Contact Your Unit Key Spouse Community!

For more information, contact your First Sgt or Bob Doyne at robert.doyne@us.af.mil

Child Abuse Prevention & Awareness Month Virtual Activities To Support Families During COVID-19



The global COVID-19 pandemic has changed our world dramatically and rapidly and our efforts to raise awareness and engagement during Child Abuse Prevention/Awareness Month are more vital than ever. Physical distancing practices have impacted our community events, but we are committed to providing a robust schedule of advocacy and awareness efforts...especially now! Prevent Child Abuse Florida will be hosting the following activities to raise awareness and impact positive change virtually during April - Child Abuse Prevention Month:

A weekly webinar series on ***Bringing Protective Factors to Life*** will start on **Thursday, April 9, at 3:30 p.m. (EST)**. Each webinar offered will feature one protective factor and facilitate conversations and perspectives from participants. This conversation will continue after the webinar on Facebook at: <https://www.facebook.com/PreventChildAbuseFlorida/>.

Future webinars will occur on the following dates at 3:30 p.m. (EST)

Thursday, April 16 - Thursday, April 23 - Thursday, April 30 - Thursday, May 7

Using Facebook, Instagram, Twitter and Pinterest, Floridians are encouraged to share social media posts widely using the hashtags #GreatChildhoods and #CAPMonth.