



REMAINING RESILIENT

INFORMATION AND RESOURCES FROM YOUR PATRICK CAPE HELPING AGENCIES



Show Your Support

Join the Patrick SAPR Team

SAAPM Virtual 5K



Simply click this link to join <http://strava.app.link/g94PYZJG5> and show your support for survivors of sexual assault. You will have until 30 April to complete the virtual 5K challenge!

April is Sexual Assault Awareness & Prevention Month

Staying Physically and Mentally Healthy During Physical Distancing

We are all trying to find our new normal. It is important to acknowledge and validate feelings of anxiety and stress or other unpleasant emotions. These reactions are normal and ignoring them could be harmful. Your family and friends are likely going through the same thing, so talk with them about how you are feeling. Below are four ways to practice self-care.



01

Unplug

Consuming your day with social media or news outlets can be harmful. Unplug throughout the day and spend the time playing a game, learning a new hobby, or focusing on an activity that you enjoy.

03

Focus On Your Spirituality

Spirituality means something different to everyone. Get in touch with what calls you to a larger purpose. This can provide perspective and focus, in healthy ways.

02

Focus On What You Can Control

You can't control everything but you can control many things - make a list of all the things within your control and focus on those items on the list.

04

Take Care Of Yourself

Exercise - Outside if current rules permit
Sleep - Great for restoring your body and mind
Stress-relief - Deep breathing and meditation are great techniques to help reduce stress



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1000 - 1100

on Facebook Live

2 Apr: Coping with Being at Home Together

21 May: Family Hurricane Readiness Tips

9 Apr: TSP and the Way Forward

28 May: Getting Ready for the Job Fair Resume & Interview

16 Apr: Family PCS Readiness Tips

4 Jun: Family Fun Opportunities

23 Apr: Teens, Money & Establishing Credit

11 Jun: New Career - Dress for Success Without Spending a Fortune

30 Apr: Military Spouse Recognition Fun

18 Jun: What are the On-base Resources

7 May: Schools - What's Next

25 Jun: Cooking with Larry & Sal - Summertime Cooking

14 May: Family Deployment Readiness Tips

Free Mindfulness Webinar



We are all dealing with unique challenges. No matter the cause for your concerns, it's okay to not be okay. In this webinar you will learn simple, science-based mindfulness techniques to better manage anxiety and stress so you can short-circuit your knee-jerk reactions and instead calmly respond to life's challenges.

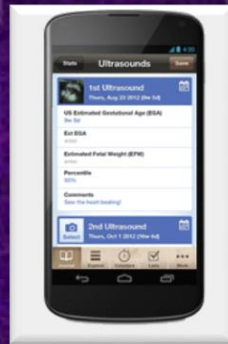
Ms. AJ Adams, UPenn Master of Applied Positive Psychology (MAPP) Alumni, is conducting two free webinars on mindfulness. AJ is an Air Force facilitator for the Master Resilience Training program and was at *Team Patrick-Cape* last year as the lead facilitator for our MRT training program.

For details for the first webinar and to register go to: <https://bit.ly/2JYZhfO>



BREATHE2RELAX

Lower your stress and reduce your anxiety with Breathe2Relax. Initially designed for the military community but beneficial for use by anyone, the relaxation app trains you on the “belly breathing” technique that has proven benefits for your overall mental health. Use the app’s breathing exercises to learn and practice the breathing technique on your own or as part of a stress management program supervised by your health care provider.



DREAM EZ MOBILE APP

Are recurring nightmares keeping you from enjoying the benefits of a restful night's sleep? Take back your night and improve your mental health with Dream EZ, the app that helps you sleep better. Designed to be used along with imagery rehearsal therapy, the Dream EZ app helps military members, veterans and other users “rescript” their nightmares so they become less intense and less frequent.

PREGNANCY MOBILE APP

Our comprehensive set of pregnancy tools makes it easy to track your pregnancy and create a keepsake of memories and milestones.

Online Buddhist Gathering

Are you a practicing Buddhist or interested in learning more about the psychology of Buddhism, its mind training practices, and how the tradition can help you live a more fulfilled life? If so, the Buckley AFB Chapel invites you to join their new weekly online Buddhist Gathering with Chaplain Brett Campbell. Any and all are welcome! If you would like to attend or have any questions, please email Ch Campbell at brett.campbell.1@us.af.mil for more information.

Eating Mindlessly

Being at home with all-day access to the fridge and pantry can make it easy to overeat without realizing it. Below are tips on curbing cravings and raising your awareness about what you put in your body:

- 1. HALT:** Pay attention to whether you are hungry or trying to satisfy another need. Are you Hungry, Angry, Lonely, or Tired? Bringing awareness to the desire to emotionally eat is the first step in preventing overeating.
- 2. Plan Healthy, Balanced Meals in Advance:** Make sure you are planning meals that are both satisfying and balanced. Meals lacking in protein, fiber, or volume will leave you hungrier. A balanced meal means making half your plate veggies and fruits, include whole grains, low fat dairy, lean protein, and choosing healthier fat. A great resource for healthy eating and recipes is to start simple with MyPlate at: <https://www.choosemyplate.gov/eathealthy/start-simple-myplate>
- 3. Eat at Scheduled Mealtimes:** Plan out your day so that you know exactly what time you're going to eat meals, exercise, get work done, etc. Having a schedule to stick to and not “winging it” can help to prevent mindless, boredom eating.
- 4. Stay Hydrated:** We often confuse hunger with thirst. Have a glass of water when you feel hungry, then wait 10-to-15 minutes to see if that is what your body really needs.
- 5. Keep Packing Your Lunch:** If you typically prepare and pack lunch, continue to do so. This will help keep you from foraging at lunch time for meals and will help you with portion control.
- 6. Don't Eat in Front of Your Computer:** Separating your work zone from your eating zone will allow you to be more present. It is way too easy to keep reaching for more when your attention is on something other than your food.
- 7. Avoid Emotional Eating or Eating out of Boredom:** Eating out of boredom or to meet an emotional need can result in problematic overeating. Take a moment to reflect on how you are feeling. Are you actually hungry, or are you using food to cope with stress, anxiety, or loneliness? Replace food with healthier options like meditation, yoga or going for a walk.