



# REMAINING RESILIENT

INFORMATION AND RESOURCES FROM YOUR PATRICK CAPE HELPING AGENCIES



## Comprehensive Airman Fitness



The Comprehensive Airman Fitness (CAF) mission is to build and sustain a thriving and resilient Air Force Community that fosters the mental, physical, social and spiritual fitness.

### What Does Each Domain Mean?

**Mental Domain:** The ability to effectively cope with unique mental stressors and challenges needed to ensure mission readiness.

**Social Domain:** The ability to engage in healthy social networks that promote overall well-being and optimal performance.

**Physical Domain:** The ability to adopt and sustain healthy behaviors needed to enhance health and wellness.

**Spiritual Domain:** The ability to strengthen beliefs, principles, or values that sustain an individual's sense of well-being and purpose.

## Calling All Foodies!!

Brevard County has some great social media resources for foodies wanting to cook more creatively at home or to find your favorite local restaurant to support.

You can start with the Florida Today Facebook group 321 Flavor: Where Brevard Eats run by food enthusiasts/writers of Florida Today Newspaper (<https://www.facebook.com/groups/321FlavorWhereBrevardEats>). One of the Restaurants' chef, Scott Earick is hosting online cooking classes, visit <https://www.facebook.com/scotts.fifth> at 6:30 p.m. daily to watch. The group also provides a link to updated restaurants open for pickup and delivery.

### Off Your Mental Game?

#### You Could Be Mildly Dehydrated

Learn more at:

<https://www.npr.org/sections/health-shots/2018/07/30/632480321/off-your-mental-game-you-could-be-mildly-dehydrated>



## You Didn't Sign Up For This

### 4 Ways To Battle Back When Quarantine Hurts Your Marriage

What can you do when being quarantined with the one you love is a challenge? Check out the strategies in this article:

<https://careynieuwhof.com/you-didnt-sign-up-for-this-4-ways-to-battle-back-when-quarantine-makes-your-marriage-worse/>

*You will learn to....*

**Create the Calm You Crave:** Ever heard of "family voice"? It is the irritated, demanding, rushed and sometimes half-panicked voice you find yourself using at home and with those you love. When you are under pressure, under-slept and depleted, your family voice comes out of nowhere.

**Love Their Way, Not Yours:** Your love language is the primary way love is communicated to or received by you as an individual. Love languages include Acts of Service, Words of Affirmation, Physical Touch, Gifts, and Quality Time. Chances are your love language and your spouse's are not the same.

**Pay Attention to Your Partner's Emotions but Manage Yours:** Dr. John Gottman writes about the differences in how people perceive and process emotions, and how those differences impact the bond between two people.

**Don't Just Pay Lip Service to Counselling:** Sometimes we need help beyond what friends could provide. We need professionals to help us sort out the complexity of the conflict. Many counselors are now doing Zoom counseling.



## Tips To Improve Your Listening Power!

**Be an active listener.** Give each other your full attention, free of interruptions. Turn off the television, and let phone calls go to voicemail.

**Show that you're listening.** Try repeating back what you heard through phrases such as, 'So what you're saying is...' or 'If I understand you correctly, you feel...'

**Pay attention to your body language.** If you are speaking in person or through video chat, uncross your arms, offer a smile and make eye contact with your partner.

**Talk at a stress-free time.** Avoid talking about the coronavirus or other sensitive issues if one of you is tired, hungry or pressed for time.

**Keep your sense of humor.** Using humor can break tension and help you connect through the stress and pressure caused by this situation.

**Make 'I' statements.** Be specific about how you feel. Express your feelings with neutral comments such as 'I feel...', 'I'm concerned that...', or 'I'm worried that...' instead of phrases that put people on the defensive, such as 'You never...', 'You always ...,' or 'You're so ...'

**Talk about the issue, not who is right or wrong.** Focus on finding specific solutions or answers instead of assigning blame.

**Acknowledge the other person's point of view.** Make an effort to show you are listening and you understand, even if you don't agree.

**Take a break if needed.** Take 15 minutes to be alone and calm down if your conversation becomes heated or you are on the verge of saying things you will regret. Commit to revisiting the issue when your emotions are under control.

## MILITARY ONESOURCE

### Entertainment Resources

Check out these resources that are free to service members and their families. Log into your Military OneSource account or create a username and password to get started.

**Ancestry® Library** allows you to unlock the story of your family with billions of U.S. and international records.

**BrainHQ** can help improve your brain health with clinically proven personalized brain training exercises.

**EBSCO Audiobook Collection** offers more than 2,000 audiobooks in different subjects and categories available for download.

**EBSCO eBook Collection** contains more than 3,000 titles in the areas of fiction, history, health, medicine, business and more.

**EBSCO Learning Express** provides eLearning tutorials, practice tests, e-books, flashcards and articles that help users build their skills in a wide array of core subjects for success in the classroom or on the job. Preparation for CLEP, ACT, SAT, GRE and more.

**Fold3 Library Edition** is a premier collection of historical U.S. military records and unique military content, bringing to life the details of America's military veterans with stories, photos and personal documents, from the Revolutionary War through today.

**Kanopy** provides access to more than 30,000 award-winning films and documentaries anywhere, anytime with any device.

**Mango Languages** is a digital language learning program for learners of all levels, with courses in more than 70 different foreign languages, 21 English language courses and 44 specialty courses.

**Stingray Qello Concerts** offer the world's largest collection of full-length concerts and music documentaries streamed on-demand, from classical to rock, reggae to country.