



# REMAINING RESILIENT

INFORMATION AND RESOURCES FROM YOUR PATRICK CAPE HELPING AGENCIES



## PROCESSING GRIEF



### EXPERIENCING GRIEF

Grief is acute pain that follows a loss. It can feel all encompassing and seem like a chronic sentence.



Acknowledge your pain. You can't expedite your own unique experience and it may look differently from those around you.



It is normal to feel grief over the loss of a loved one, a pet, a job, or anything important to you.

Know that what you're feeling is natural and that there is no timeline of how you will process through your grief.



### SUPPORTING SOMEONE GRIEVING

People may grieve for many reasons. Many people expect to experience denial, anger, bargaining, depression and acceptance while they work through the grieving process.



When showing support, follow the person's lead and resist judging how they are processing their grief.



Be aware of the resources that can assist you or someone you love:

- Chaplain Corps
- Medical Treatment Facility
- Military Crisis Line
- Military and Family Life Counseling



**MILITARY & FAMILY  
LIFE COUNSELING**

## Chief Master Sergeant of The Air Force, Kaleth Wright Speaks About Dealing with Traumatic Situations



"At some point in your life, you'll experience trauma and grief. Our guest for this New Normal, Dr. David Kessler, wants you to have the tools to not just make it through traumatic situations, but grow from grief. He is also insightful and shared his thoughts on COVID and Race Issues in the U.S. I can't tell you how much this conversation hit home, so I'm just going to let you watch and see for yourself."

*Click on the logo on a non-Gov't device to see the video.*



*What one skill/behavior if you developed and did in an excellent fashion would have the greatest positive impact?*

## Resilience Skills in a Time of Uncertainty

We are all facing unique and difficult challenges in today's time of uncertainty. The University of Pennsylvania is sharing this **FREE** on-line and unique version of Dr. Karen Reivich's "Resilience Skills" course from the Specialization Foundations of Positive Psychology. You will learn how to incorporate resilience into your personal and professional life. The course covers:

### *Resilience and Optimism*

### *Cognitive Approaches to Resilience: Strategies to Increase Optimism and Resilient Thinking*

### *Managing Anxiety and Increasing Positive Emotions Like Gratitude*

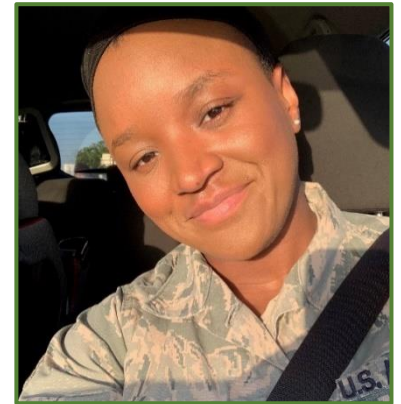
### *Leveraging Character Strengths and Strengthening Relationships*

Click [HERE](#) to register

## Mango Salsa

*Ms. Cheryl Marsland, Registered Dietitian Nutritionist  
SSgt Sherita Coghill, 45th Healthcare Operations Squadron*

What does eating for resilience mean? Think of it this way: A sturdy house that weathers the worst of storms needs a strong foundation. Your body is the same. If you help it by providing it the nutrients it needs, particularly during stressful times, you'll likely lessen any physical symptoms caused by stress and will give your body the strength it needs to get through the rough patch. This doesn't mean spending hours in the kitchen, but focusing on simple ways you can put a little extra thought into what you're eating. Stick to easy recipes with ingredients you know and like. Focus on inflammatory fighting foods like fruits, vegetables, whole grains, and lean proteins while reducing your intake of fried foods, lots of sugar and overly processed foods. Eat more mindfully, making a conscious effort of the process of eating and your food choices. Avoid dieting, instead be consistent in the way you eat and in what you eat. Focus on small impacts that support long term changes to your diet and lifestyle to support improved well-being. Resilience is a process one has to continuously cultivate.



This week SSgt Coghill, NCOIC of Patient Administration and Physical Evaluation Board Liaison Office (PEBLO) of the 45th Healthcare Operations Squadron shares with us a simple, quick and seasonal Mango Salsa recipe. SSgt Coghill is a busy professional, mother and spouse who uses healthy cooking to build relationships. She believes that cooking with kids and including them in meal preparation supports resilient families. Science suggests that children and adolescents who participate in cooking eat more fruits and vegetables, are more confident about choosing healthy foods and have healthier diets overall. SSgt Coghill has transitioned her family to a plant based eating pattern and believes the benefits go beyond diet.

Click on [Mango Salsa](#) on a non-gov't device to see the video.

## *How To Thrive In Today's Unique Circumstances - University of North Carolina, Chapel Hill*

Research has found that resilient people are better able to hold on to the good, even in the presence of the bad. Resilient people do not avoid negative states, thinking everything is fine. Rather they continue feeling love, gratitude, joy, and hope. Like an upward spiral, positive emotions lead to greater resilience, which leads to more positive emotions. How can you experience more positive emotions even with the world in its current state? Here is what research tells us.

**Set aside time to take care of your body, mind and spirit:** Exercise, hobbies, and prayer or meditation tend to bring positive emotions for young and old alike, and for those living alone or with others. The tie between time spent on these sorts of activities and positive emotions is particularly strong for people experiencing more negative emotions.

**Help others:** Those who go out of their way to help others also experience more positive emotions. Crises provide ample opportunities for kindness. You can donate facemasks or other equipment to health care workers. If you are healthy, you can donate blood, buy groceries and other necessities for elderly and high-risk neighbors. Such altruistic acts are not just good for those receiving help, they are good for you too!

**Get on social media—but minimize passive scrolling:** Social media can be very important for staying connected while physically distanced. However, the amount of time spent passively browsing social media is strongly linked to anxiety and other negative feelings. Social media can be useful for sharing messages of hope and solidarity. Use social media, but be intentional about how.

**Meet face to face, even if you are six feet apart:** Time spent interacting face to face brings more positive emotions than voice or video calls, emailing or texting. It is easier to establish a meaningful connection with someone when you are face to face. Research has shown that frequent positive emotions help resilient people to thrive even in times of crisis. The good feelings that you get when you really connect with someone face to face can be more important than positive emotions experienced alone.

Click [HERE](#) to learn more.