



REMAINING RESILIENT

INFORMATION AND RESOURCES FROM YOUR PATRICK CAPE HELPING AGENCIES



Value Based Goals

Mr. Andrew Adaryukov – Master Resilience Trainer

Mr. Andrew Adaryukov is Chief Librarian at the Defense Equal Opportunity Management Institute (DEOMI), one of 45th SW's mission partners. He has recently marked fifteen years of service as a DoD civilian. Mr. Adaryukov's deep interest in the human mind and human relations, and resilience have multiple personal and professional roots: from his medical family, to his original teaching degree, to his decades-long practice of meditation as an integral part of his Buddhist journey, to challenging personal experiences that demanded a high degree of resilience.

Mr. Adaryukov learned about the Resilience Program from publicity on openings in a Resilience Training Assistant (RTA) class. He enthusiastically seized the opportunity. He became an RTA in March of 2017 and was certified as a Master Resilience Trainer (MRT) that November. Mr. Adaryukov says: "My colleagues at the library always know when I have just been teaching a resilience module at FTAC, because I look recharged and reinvigorated. This is one of the wonderful things about resilience: every time you share the skills with someone, you deepen and strengthen them in yourself. You don't have to wait for a formal opportunity like an FTAC class to do it, either. The Air Force MRT curriculum does a great job of enabling one to share the skills even in a brief casual conversation. Not to mention, our life presents us with endless opportunities to practice them—not only when we are facing challenges, but to greatly enhance our everyday quality of life. Resilience is about thriving, not just making it through a rough patch!"

You can see Mr. Adaryukov discuss Values Bases Goals at: [Value Based Goals](#) (Link must be viewed on a non-Gov't device.)

Denim Day
Apr 29,
2020

In Rome, 1992, a 45-year-old driving instructor was accused of rape. When he picked up an 18-year-old girl for her first driving lesson, he allegedly raped her for an hour, then told her that if she was to tell anyone he would kill her. She told her parents and the alleged rapist was convicted and sentenced. The Italian Supreme Court overturned the conviction in 1998 because the justices felt that since the victim was wearing tight jeans she must have helped her rapist remove her jeans, thereby implying consent. The following day, the women in the Italian Parliament came to work wearing jeans in solidarity with the victim. Peace Over Violence developed the Denim Day campaign in response to this case and the activism surrounding it. Since then, wearing jeans on Denim Day has become a symbol of protest against erroneous and destructive attitudes about sexual assault. In this sexual violence prevention and education campaign, we ask you to make a social statement by wearing jeans on this day as a visible means of protest against the misconceptions that surround sexual assault.

Register at:
www.denimdayinfo.org

GET INVOLVED!
Post a pic in your
denim to the 45
SW Facebook
page!
#ISupportSurvivors

MAKE A SOCIAL STATEMENT WITH
YOUR FASHION
STATEMENT – WEAR JEANS WITH A
PURPOSE

There is no excuse and never an invitation to rape.
Patrick SAPR 24/7 Helpline: 321-494-7272

Spiritual Resiliency

Being Spiritually Resilient is being able to identify and lean on the Beliefs, Principles or Values that sustain our sense of well-being, purpose and hope. A strong sense of spiritual resiliency helps us to push through and sometimes grow from difficulties and setbacks. For some that foundation may come from religion or faith; However, that may not be the case for everyone. For some, it may come from a sense of purpose, connectedness, peace, community, calling, nature, etc. It is that special something that gives you inner strength.

What gives you inner strength?

The All-or-Nothing Cognitive Trap & How To Escape



One of the most common cognitive traps is All-or-Nothing. All-or-nothing thoughts are characterized by absolute terms like always, never, and forever. It can also be thinking of something as only good-or-bad, perfect-or-terrible.

Few things are ever absolute, and there are generally grey areas. Getting stuck in this in this cognitive trap can damage relationships and, when applied to ourselves, can contribute to a sense of hopelessness. For example, 'You ALWAYS leave the lights on', 'You NEVER remember your keys' or "I will NEVER learn this stuff."

How To Get Out of The All-or-Nothing Trap

- If you find yourself stuck, mentally remove yourself by taking a deep breath and an objective **Look At The Evidence**. Do you know everything you need to know? Is there any evidence to support what you think? Is there any evidence to challenge what you think? Ask yourself if you are missing information that would help you react more productively?
- **Check For A Double-Standard**. Are you judging others or yourself too quickly or too harshly? We often bring relationship baggage with us. Would you judge a stranger as harshly if they did the same thing? Am I judging myself more harshly than I would judge someone else?
- The third strategy is to get a **Second Opinion**. To help you make sure your option is based in reality; ask a neutral, unbiased person how they see the situation. Try asking the people involved if you are seeing the situation accurately or what information you are missing.

When we are stuck in the All or Nothing trap, we forget that life is filled with grey areas. If you find you are thinking in extremes you might be caught in a cognitive trap!

Financial Resilience During COVID-19

With stock market volatility and worrying headlines it is hard not to feel uneasy and question what the future holds. Tips and resources to help you work through financial decisions and challenges to include how to:

- ✚ Create a budget
- ✚ Control your spending
- ✚ Contact your lenders
- ✚ Reach out to your credit card company
- ✚ Be aware of financial scams
- ✚ Discuss finances with your partner or someone you trust
- ✚ Access community resources

For details search "finances" through your Employee Assistance Program (EAP) or Military OneSource sites below. Information and assistance is available 24/7/365.

DOD Civilians and Family Members:



EMPLOYEE
ASSISTANCE
PROGRAM

Air Force EAP
1-866-580-9078

www.afpc.af.mil/EAP

Military Members and Families:

MILITARY
ONE SOURCE

800-342-9647

<https://www.militaryonesource.mil/>