



# REMAINING RESILIENT

INFORMATION AND RESOURCES FROM YOUR PATRICK CAPE HELPING AGENCIES

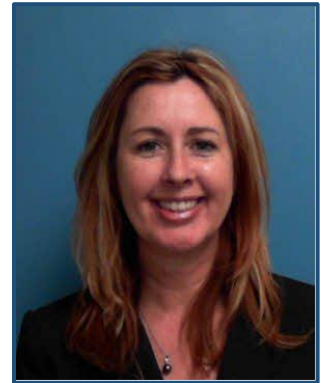


## Recipes for a Healthy Mind

At the end of a long workday, one of my favorite ways to unwind is by slicing and dicing vegetables for dinner. The steady chop, chop, chop of my knife against the cutting board quiets my mind and soothes my soul. Cooking is meditation with the promise of a good meal afterward. Another link between cooking and mental health is nutrition. It is easier to control the quality of your diet when you prepare much of the food yourself. There is growing recognition that choosing a high-quality diet plays a major role in keeping your brain healthy.



Enjoy this creative recipe as a healthy alternative to traditional wings. Make it with others to spur communication, and this can be fun if you are stuck inside all day. Eating with intentionality of what we are putting in our body supports resiliency. Link must be viewed on non-Gov't device. <https://youtu.be/2zwQpvCy-3s> Healthy cooking and resilience are processes one has to continuously cultivate. Bon Appetit!



Cheryl Marsland, MS, RDN, LDN  
Registered Dietitian Nutritionist  
45th Medical Group

## SMOKING/VAPING and Your Risk of COVID-19



Smoking is known to increase the risk of respiratory infections and to suppress the immune system; it is likely that vaping may have a similar effect.



Smoking, vaping and smokeless tobacco increase the likelihood of touching your face during use which can increase your risk of infection.



Tobacco use prevents the proper wear of face masks as recommended by the Centers for Disease Control and Prevention.



Gathering in designated tobacco use areas may make it difficult to practice physical (social) distancing.



### LEADERS

If members of your organization are taking tobacco breaks, make sure they are taking recommended precautions to minimize the risk of transmitting COVID19:

Ensure physical distancing is being practiced.

Limit the number of individuals in designated tobacco use areas at a given time so physical distancing can be done effectively.

Ensure masks are worn per DoD, AF and local guidance.

## QUIT YOUR WAY

In the wake of the COVID-19 pandemic, quitting is more important than ever, however quitting tobacco is not easy. Finding help should be! Check out these resources:

**1) Virtual Tools to Quit Class** Tobacco Free Florida presents a FREE class that provides information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your own quit plan. Cessation groups cover all forms of tobacco.

Join by calling to register. You will be emailed a link to join by ZOOM conference via video or audio and provided participant workbook and materials.

For more information, visit:

[www.tobaccofreeflorida.com/quityourway](http://www.tobaccofreeflorida.com/quityourway)

**2) For Air Force resources**, visit the Health Promotion Tobacco Cessation page at:

<https://www.airforcemedicine.af.mil/Resources/Health-Promotion/Tobacco-Free-Living/>

**3) 45<sup>th</sup> MDG Health Promotion** Contact Ms. Leone via email at [michele.t.leone.civ@mail.mil](mailto:michele.t.leone.civ@mail.mil)

COVID-19 is forcing so many changes upon us so why not make a positive change for yourself? QUIT NOW!

For resources, visit the Health Promotion Tobacco Cessation page at: <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/Tobacco-Free-Living/>



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## Blaming

### Cognitive Trap #2

We fall into a cognitive trap when we react without having all the information needed, or when we do not fully consider all the facts. In our last Update we talked about the *All-or-Nothing* Cognitive Trap. This time we will look at Blame. Blaming is when we automatically ask “Whose fault is it?” when something bad happens. Blame comes in two forms and both can hurt our relationships, limit accountability and decrease problem solving.

- **Blaming Others** is when we focus only on other people as the source of your feelings or the cause of events. For example, “I wouldn’t have forgot my ID if you hadn’t moved it when you cleaned the kitchen.”
- **Blaming Yourself** is when we only think about yourself as the cause in a situation, and do not see the contributions of others. For example, your friend is very quiet, and you assume they are upset about something you did. Instead, it may be that they are thinking of something completely unrelated.



Check out this short video by **Brene Brown, PhD**: [https://youtu.be/RZWf2\\_2L2v8](https://youtu.be/RZWf2_2L2v8) (view on a non-Gov’t device). Remember the three steps to escape from a cognitive trap:

**Look At The Evidence.** Do you know everything you need to know? Is there evidence to challenge or support what you think? What 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?

**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.

## Fuel in the Tank

### How Are You Renewing Your Energy and Staying Fresh?

*Ch, Col Randy Erwin - HQ USSF Chaplain*

It is important to make plans that fuel your personal life. Everyone’s plan is unique to what works for you whether it is mind, body, spirit, family relationships, connections, etc. In May, let’s fill our tanks with good fuel and look for creative ways to invest in those around us. Here are ways to put “fuel in your tank”.



**1. Determine Your Current Status:** Answer these 4 questions: *What’s right?* Celebrate and optimize it. *What is wrong?* Change or stop it. *What’s missing?* Add it. *What is confused?* Clarify it. This exercise helps you know where you are right now so you can chart a course to where you want to be.

**2. Design and Implement a Fuel Plan:** When you feel your best, what kinds of things are you doing? It might be prayer, meditation, or yoga. You may get recharged connecting with a close friend, listening to a favorite podcast, going for an early morning walk. Pick one thing and schedule a time as soon as possible to begin. Get a quick win and motivation to move forward.

**3. Ask for Help:** Most of the time we already know what needs to be done, we just need encouragement and accountability to help us get going again. This is especially true when we feel stuck “out of gas”...again. We’ve all been there. Mistakes are made, poor habits take over and we are not where we want to be. Reach out and ask for help. Resources are available to help.

**4. Help Others Succeed:** Contributing to others success and well-being can actually be a huge fuel source for our own journey. This 13-minute TED Talk by Organizational Psychologist, Adam Grant. He explores the question, “Are you a giver or a taker?”

[https://www.ted.com/talks/adam\\_grant\\_are\\_you\\_a\\_giver\\_or\\_a\\_taker/transcript#t-796162](https://www.ted.com/talks/adam_grant_are_you_a_giver_or_a_taker/transcript#t-796162)