



# REMAINING RESILIENT

INFORMATION AND RESOURCES FROM YOUR PATRICK CAPE HELPING AGENCIES



## OPEN YOUR HANDS

Offer your help and support. Start where you are and do what you can.

STEP 7

## OPEN YOUR MOUTH

Be a voice for change. Not saying something is still saying something.

STEP 6

## OPEN YOUR EARS

Start with the discomfort of not knowing. People can't hear until they've been heard.

STEP 5

## OPEN YOUR DOOR

Invite people in to your home, around your table, to have an open conversation.

STEP 4

## OPEN YOUR HEART

Tough conversations begin with love. Open your heart to other people's feelings.

STEP 3

## OPEN YOUR MIND

With an open mind, you can understand the need for change. Seek to first understand, then to be understood.

STEP 2

## OPEN YOUR EYES

Ignorance is not bliss. Start by not turning a blind eye to racial tensions. Recognize you may unknowingly be biased. Be willing to see what is going on.

STEP 1

## THE WELCOMING TABLE

7 Steps Towards Open Conversations Around Race and Diversity

*"The welcoming table is not just about breaking bread together, it's also about baking bread TOGETHER."*

— GLORIA BURGESS

## Understanding The Different Types of Counselors

**Social workers:** Trained to understand how people are affected by their environment, including their family and culture.

**Marriage and Family Therapists:** Trained to deal with interpersonal relationships, including family and couple conflicts.

**Mental Health Counselors:** Help people cope with a particular concern or difficult life event. May specialize in a particular subject or area.

**Psychologists:** Have a master's or doctorate degree and use different kinds of testing to help identify and resolve problems.

**Psychiatrists:** Licensed medical doctors specially trained to assess, diagnose and treat a patient's mood disorder. Can prescribe medication.

**Certified Pastoral Counselors:** Members of the clergy with specialized training in psychotherapy. Licensed professional counselors generally have a master's degree in counseling and provide general mental health counseling.



EMPLOYEE ASSISTANCE PROGRAM

Air Force EAP

1-866-580-9078

www.AFPC.AF.MIL/EAP

## Air Force Civilian Employee Free Virtual Therapy

Mental health affects every aspect of our lives. In the workplace, where stress and deadlines can take a toll, it is especially important to pay attention to your well-being. Through the *BetterHelp* program, you have access to *confidential* virtual therapy, provided by BetterHelp, at *no cost to you*. Counseling is available for the entire family— individuals, couples and teens (with parental consent and in accordance with applicable law and clinical appropriateness).

Counselors are licensed, trained, experienced, and accredited Psychologists (PhD / PsyD), Marriage and Family Therapists (LMFT), Clinical Social Workers (LCSW / LMSW), Licensed Professional Counselors (LPC). All counselors have a Master's Degree or a Doctorate Degree in their field.

You can choose from one of four modalities: Text messaging exchange, live phone sessions, live video sessions, or live chat sessions. You can also toggle between modalities while in therapy. For example, you can choose to chat with a therapist online one week and schedule a video session the next week.

How does it work? Call your program phone number (1-866-580-9078) to get started. A clinician will ask questions to understand your unique situation and, if appropriate, refer you to BetterHelp. The referral form will generate an email to you with a unique link to complete a questionnaire. After you complete the questionnaire, you will be matched with a provider. Typically, you can begin communicating with a provider within 24 hours of completing the questionnaire.

## Sleep Optimization

*Ms. Michelle Leone, 45 MDG Health Promotion Manager*



Think of your daily activities. Which activity is so important you should devote one-third of your time to doing it? Probably the first things that come to mind are working, spending time with your family, or doing leisure activities. However, there is something else you should be doing about one-third of your time—**sleeping**. Many people view sleep as merely a “down time” when their brains shut off and their bodies rest. People may cut back on sleep, thinking it will not be a problem, because other responsibilities seem much more important.

However, research shows that a number of vital tasks carried out during sleep help people stay healthy and function at their best. While you sleep, your brain is hard at work forming the pathways necessary for learning and creating memories and new insights. Without enough sleep, you cannot focus and pay attention or respond quickly. A lack of sleep may even cause mood problems, and growing evidence shows that a chronic lack of sleep increases your risk of obesity, diabetes, cardiovascular disease, and infections.

Learn more about how to get your best sleep at:

[https://www.cdc.gov/sleep/about\\_sleep/sleep\\_hygiene.html](https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html)

## Air Fried Zucchini

*Ms. Cheryl Marsland, Registered Dietitian Nutritionist and SSgt Cassandra Diyer*

These days with the popularity of spiralizing zucchini to make vegetable noodles, or zoodles, no one seems to get bored with all the summer squash. This month’s healthy cooking recipe is SSgt Diyer’s healthy air fried zucchini recipe (these can be baked in the oven as well). Zucchini is a variety of summer squash, high in fiber, vitamin C, folate and beta carotene. Learn more about storing, eating and cooking, selecting, and the health benefits of zucchini at <http://www.farmerfoodshare.org/veg/zucchini>.

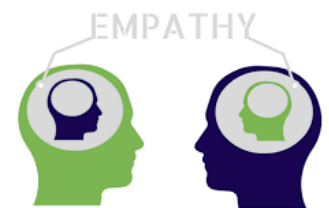


Click on this link with a non-Gov’t device to see SSgt Diyer’s recipe:

<https://youtu.be/88IMUXwU844>

## Compassion

Demonstrating compassion to others—striving to understand and lessen someone else’s difficulties—not only has one-on-one benefits, but it spreads positivity throughout the workplace. When we treat each other with focused attention and kindness, it builds trust, loyalty and customer satisfaction. When you attempt to relieve someone’s suffering, you are showing the highest form of human kindness.



Try taking a daily action to help reduce someone else’s discomfort, even in a small way. This could be as simple as offering a smile and a kind word to a co-worker, sitting next to a new team member at lunch, or friendly talking out a problem. Remember to have self-compassion as well. Forgive yourself for your imperfections. Turn off your harsh inner critic and keep your self-talk positive.

### *Tips for practicing compassion*

1. Be kind and listen thoughtfully. When someone is speaking to you, avoid looking at your phone or multitasking. Focus on their words, tone and body language so you fully understand. Do not interrupt or judge.
2. Remember that no one is immune from life’s difficulties. In your interactions, put your own biases aside and be gentle, for everyone you meet is fighting some sort of battle.
3. When someone expresses sorrow over something they have done wrong, demonstrate true compassion and forgive them. Before harshly criticizing, “walk a mile in their shoes.” This is empathy in action.