

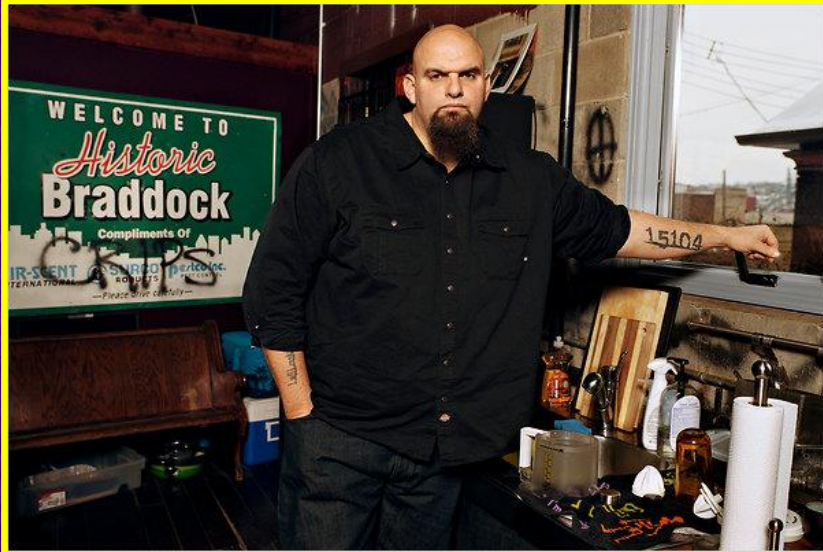


# REMAINING RESILIENT

INFORMATION AND RESOURCES FROM YOUR PATRICK CAPE HELPING AGENCIES



## What Do You See?



Look at the image. What do you see? Take note of your immediate feelings, judgments, and reactions. What occupation do you think of? Check page two to see how close you are.

# MILITARY ONE SOURCE

Contact Military OneSource for counseling, information and resources.

Click [HERE](#) or call 800-342-9647.

## Awe Struck!

Think back to a time when something you witnessed or experienced gave you a sense of awe. Awe has been defined as a vast and overwhelming response to things, and can alter the way we understand the world. It can be physical, such as the view from a mountaintop, or psychological, such as a brilliant idea. Awe may be experienced in the presence of nature or work of art, when we watch a moving speech or performance, when we witness an act of great altruism, or have a spiritual experience. Try to think of the most recent experience you have had that involved the feeling of awe. Now take 15 minutes to describe it in writing with as much detail as possible.

**Why You Should Try It:** Awe is elicited by experiences that challenge and expand our typical way of seeing the world. Research suggests that awe has a way of lifting us outside of our usual selves and connecting us with something larger and more significant. This sense of broader connectedness and purpose can help relieve negative moods and improve happiness. Evoking feelings of awe may be especially helpful when we are feeling bogged down by day-to-day concerns. Taking time out to reflect on experiences of awe can help break up our routine and challenge us to think in new ways.

## Making Course Corrections in Our Personal and Professional Lives

HQ USSF/HC, Space Force Chaplain



In our personal and professional lives, we need flexibility and agility to make “in flight” course corrections. It’s natural to run into issues when we go from planning to execution. Thoughtful planning is critical, but remember even the best plans require adjustments as the play develops. In football, to exploit the moment, quarterbacks call audibles or scramble when the play falls apart. The best offenses overcome the chaos and confusion of the moment and find creative ways to score in spite of the obstacles. Below are 3 helpful tips:

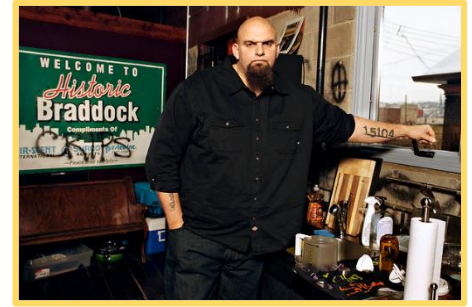
**Be Open to a Course Correction:** Celebrating a successful landing is pointless if you are at the wrong destination. Check your flight plan, instrument panel, and talk with your crew. What new information do you need to consider? Whose opinion have you either over valued or marginalized? Stay focused on the desired outcomes and priorities most important to you and those you serve.

**Listen to Your Team:** We need loved ones and teammates who give candid feedback. We may not want the input, but the most successful among us invite people to share their perspectives.

**Disengage Auto Pilot:** Take the “Stick”. Check your instrument panel. Look around to make sure you are on track. If you are, celebrate and stay alert. If you need to change direction, be bold and brave as you make the course corrections. It’s not too late. What’s your next move? Course corrections are rarely easy, but a necessary part of the journey.

## Meet John Fetterman

Mr. Fetterman is the Lt Gov. of Pennsylvania and previously served as Mayor of Braddock, PA (a suburb of Pittsburgh). The tattoo on his arm is the zip code. He has a Master's degree in Public Policy from Harvard and served in the Americorps. Mr. Fetterman received international media attention for the economic revitalization programming he started in his community. Were you close? If you made assumptions based on appearance that means....you are human.



Bias is ever present, and as human as breathing. Our filters and mental models are shaped and hard wired from our socialization. We use our experiences to fill in the blanks about a person who may be different than ourselves. Our assumptions influence how we engage with others. Stereotyping is often a powerful and dangerous consequence of unconscious bias. *So what can we do?*

**Recognize that you have biases:** To have bias is to be human. What is important is that we become aware of them in order to anticipate their impact on ourselves and others, and be able to intervene when we recognize the potential negative impact.

**Think about your thinking:** Pause before you make a final decision. Question your assumptions and first impressions. Ask others for feedback to check your thought processes. The more you do this, the more you will catch some of your biases and bring them from the unconscious into your conscious mind. This requires vulnerability and authenticity. Take an honest look which messages and biases govern your everyday life. Do this without self-judgment, but rather from a place of curious inquiry.

**Develop and practice "Constructive Uncertainty":** This is especially helpful when you're "certainly certain that you're certain." In other words, change your exclamation points into question marks. Check your assumptions and "truths" about yourself and others, and ask questions from a non-judgmental place. Consider that perhaps you don't know all there is to know about this person or situation.

**Explore awkwardness with people and situations:** It is okay to feel outside of your comfort-zone sometimes or to be unsure what to feel, do, or say. This is not the time to step back, it is the time to lean in and figure out what is going on with you.

**Engage with people unlike yourself:** It helps to develop a multi-dimensional, diverse view of others and the groups they belong to, and to expose yourself to positive role models. This has also been found to be one of the most powerful ways to "soften" our negative biases about particular groups. People are multi-dimensional not stereotypes of who we think they are.

*The next time you find yourself feeling awkward or making assumptions about a situation or a person look inward and ask why.*



## Healthy Crepes

*Ms. Cheryl Marsland, Registered Dietitian Nutritionist*

*MSgt Jeremy S. Smith, Master Resiliency Trainer*

We are continuing to celebrate Fresh Fruit and Vegetable Month by focusing on the Physical Pillar of Resiliency through nutrition. This week's resiliency cooking video is a healthy crepe recipe created by MSgt Jeremy Smith, 45 MDG Public Health Flight Chief and Master Resiliency Trainer. MSgt Smith focuses on factors that contribute to mission success such as fueling your body with good food to enhance your mental and physical performance and positively impact health.

MSgt Smith's family enjoys the crepes and he customizes them to each person's preferences adding healthy fillings. Pointing out that preparing meals at home makes it easier to choose fresh ingredients, MSgt Smith says, "Cooking at home is a better choice than dining out because you can control the types of ingredients and preparation, and it allows you to focus on including the healthiest ingredients." Health experts recommend using the "MyPlate Food Guide" to plan your balanced meals to include a variety of nutrient rich foods, including fruits, vegetables, whole greens and lean proteins.



*Fueling for optimal performance is key for everyone, we hope you enjoy the recipe – we did!*

Click on [Easy Healthy Crepes](#) on a non-gov't device to see the video.