



REMAINING RESILIENT

INFORMATION AND RESOURCES FROM YOUR PATRICK CAPE HELPING AGENCIES



Reframe

MSgt Natasha Mattoon – Master Resilience Trainer

MSgt Natasha Mattoon has served in the Air Force for 13 years. She joined the resilience team at the suggestion of a former student who had become a Master Resilience Trainer (MRT), and thought that her prior teaching experience would be a good fit for the program.



MSgt Mattoon says “What I found was that I needed this course and the skills. This led me to follow up and take one of the best classes in my career, the MRT course. The information I learned didn’t just apply to my life as an Airman, but also as a mother, a spouse, and a student.

What I love most about the resilience program is the universal applicability of many of the ideas it puts forth. The ability to utilize the skills learned throughout multiple areas of life is uniquely rewarding. Some of the skills are ones that many already possess, but the resilience program helps to break down each of the skills and shows ways to maximize their potential. Treating resilience as less of an after-action fix and more as a way to enhance daily life is particularly valuable. Every situation is a new chance to develop and flourish. I am still learning and working to grow. I encourage anyone who would like to find skills that can help to enrich their lives to take the Resilience classes, embed the skills in their lives and pursue becoming a Resilience trainer.

You can see MSgt Mattoon discuss Reframe at: [Reframe](#) (Link must be viewed on a non-Gov’t device.)

How You Think About The Event



Spouse Resiliency Toolkit

Learn more about the Reframe skill at your Spouse Resiliency Toolkit:



<http://spousert.wpengine.com/reframe/>

Quarantine Quarrels – Part 1

From Your Chapel



Have you found yourself stuck in the Quarantine Quarrels with those you love? Find out how your wiring and temperament affect how you perceive the world and how you interact with those around you.

Click on the square to view the video on a non-Gov’t device.

Military OneSource Free Money Matters Courses

Military OneSource provides five courses outlining the fundamentals of money management. These courses were developed by financial experts who understand the military. Click here <https://www.militaryonesource.mil/training-resources/money-matters> to find Money Matters courses on:

- Money Matters - Car Buying Strategies*
- Money Matters - Consumer Credit*
- Money Matters - Developing Your Spending Plan*
- Money Matters - Investing for Your Future*
- Money Matters - Money and the Move*

Quinoa Salad

Ms. Cheryl Marsland, Registered Dietitian Nutritionist
SrA Courtney Beebe – Resilience Training Assistant



One of the best parts of my job working as a Health Promotion Registered Dietitian Nutritionist is cultivating cooking to build social bonds and encourage well-being. In our squadron, we are lucky enough to have a kitchen that provides opportunities for our Airmen and Civilians to practice, taste and test recipes.



This cooking video was a recipe from the Minimalist Baker at minimalistbaker.com titled, “Mexican Quinoa Salad with Orange Lime Dressing”. SrA Courtney Beebe, 45 SW/MDG Resilience Training Assistant, volunteered to cook and prepare the recipe, practicing her healthy cooking skills. Many people throughout the squadron peeked in to see what was for lunch and shared their secrets to cooking quinoa, asked questions about ingredients they have never tried, and commented on how delicious the recipe tasted. We made a few changes to the recipe and came up with a final recipe that everyone enjoyed for lunch. To me, resilience is a cultivated skill. It’s just like cooking, it involves people and health, inclusion and openness, and a willingness to remember the “why” behind our actions.

Enjoy our cooking video on a non-Gov’t device at: <https://youtu.be/dA5KDbVGNb4>

Bon Appétit!

Click The Boxes Below For Links To Helping Agencies



Be OK With Discomfort

When we navigate a situation in flux, most of us will feel somewhat unsure. *This is normal.* Accept yourself and your situation. Calm the inner voices of fear, blame, or resentment. Appraise the situation from a balanced place, realizing that it is OK to feel genuinely uncomfortable at times.

COVID Coach

A mobile application for Veterans, Servicemembers, and anyone affected by the COVID-19 pandemic

Features:

- Education to help you improve your well-being during this global pandemic
- Tools for coping and self-care
- Trackers for mental health and personal goals
- Resources for additional support

Developed by the Mobile Mental Health Apps Team at the VA’s National Center for PTSD.

Contact our team with feedback to help us improve this app:
MobileMentalHealth@va.gov

Learn more at the National Center for PTSD website:
https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp

