



# REMAINING RESILIENT

INFORMATION AND RESOURCES FROM YOUR PATRICK CAPE HELPING AGENCIES



## Mindfulness In The Moment

### 2d Lt Noel Sheaffer – Master Resilience Trainer

2d Lt Noel Sheaffer is a Range Operations Commander for 45 RANS and has been in the Air Force just under two years. 2d Lt Sheaffer wanted to be a Master Resiliency Trainer after an instructor she had at Undergraduate Space Training talked to her about his MRT course experience. While dealing with some difficult personal experiences, he showed her how much compassion and understanding could do for her fellow Airmen, and was a huge influence in her determination to become an MRT. In the short time 2d Lt Sheaffer has been an MRT, she has seen the benefits of the skills she gained in the MRT course in both her personal and professional life.

She says this about her MRT journey, “I am extremely passionate about the skills within the MRT course and want to share them with as many people as possible. The welcoming and compassionate environment I experienced while going through my MRT journey has helped me in unexplainable ways. If I can help even one person the way these resiliency skills have helped me, I’d consider that an achievement. One of the biggest things I took from the resiliency courses was that resiliency is a universal skill. It’s not just for those struggling. It’s also important for individuals that are doing okay and want to thrive instead, but also for people who are thriving and want to continue to thrive. Resiliency is for everyone!”

You can see 2d Lt Sheaffer discuss Mindfulness in the Moment at: [Mindfulness In The Moment](#). (Link must be viewed on a non-Gov’t device.)

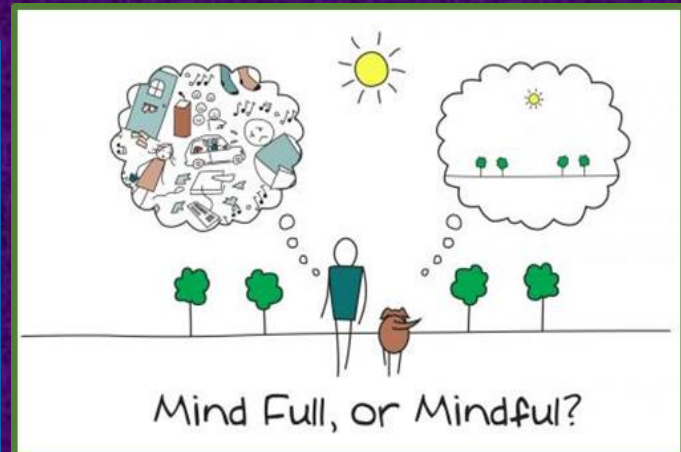
## Healthy Family Challenge

Are you participating in the April Healthy Family Challenge? **It is not too late!** Patrick AFB Helping Agencies challenge you and your families to stay safe, healthy and promote positive well-being. The challenge runs from 1-30 April. Track of your family’s activities that promote safety, health and well-being.

Track the activities below and add up your points daily, then be sure to submit your log/total points. Submit your calculated tracker sheets via email between May 1st and 3<sup>rd</sup> to [cheryl.m.marsland.civ@mail.mil](mailto:cheryl.m.marsland.civ@mail.mil).

Prizes will go to the top five families who participate.

0 points	1 point	2 points	Daily Activities
<30	30-59	60+ (mins)	Exercise as a family
0-2	3-4	5+	Servings of Fruits/Veg
4+	2-3	0-1	Sugar drinks per day
0	1	2	Practice Gratitude
No		Yes	Homework Done
No		Yes	Prepare a healthy meal
8+	5-7	<4	Hrs. of rec TV/Computer
0	1-2	3-4	Games played as family



### Check Out The New Air Force Spouse Resilience Toolkit!



<https://www.resilience.af.mil/Spouse-Resiliency/>

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

## What is The Difference Between Mindfulness and Meditation?

### Mindfulness

Being Fully Aware & Present In The Moment

Can Be Done At Any Time Doing Anything

### Meditation

A Practice To Calm The Mind

An Action Done Intentionally For A Period Of Time

## Mindfulness Five Senses Exercise

You can practice mindfulness in any situation. Simply notice something you are experiencing with each of the five senses.

- Notice five things that you can see: Pick something that you don't normally notice, like a shadow or a small crack in the concrete.
- Notice four things that you can feel: Be aware of the texture of your pants, the breeze on your skin, or the smooth table beneath your hands.
- Notice three things you can hear: Take a moment to listen to things in the background; the chirp of a bird, the hum of the refrigerator, or the faint sounds of traffic.
- Notice two things you can smell: Pay attention to the smell of freshly cut grass, an upcoming rain storm, or a neighbor grilling dinner across street.
- Notice one thing you can taste: Take a sip of a drink, chew a piece of gum, eat something. Is it sweet, sour, tangy? A combination of flavors?



## Great News From Your School Liaison

The U.S. Department of Defense (DoD) Military Community and Family Policy (MC&FP) has temporarily expanded eligibility for the Tutor.com for U.S. Military Families™ program (Tutor.com/military). The program provides on-demand academic support 24/7 online in more than 100 subjects for grades kindergarten through college students. Online tutoring and homework help via Tutor.com/military is now available at **no cost** to any adult or child in a DoD civilian or Active Duty, National Guard, Reserve or Wounded Warrior military family who is trying to continue learning while managing unexpected changes to their routines. Grades K-12 children in Active Duty military families are still eligible to use Tutor.com/military as usual. Program access also continues unchanged for Coast Guard military and civilian family members, who are funded by Coast Guard Mutual Assistance.

Those who are newly eligible under the expansion should create a new account at Tutor.com/military, and those with continued eligibility should use their existing Tutor.com/military accounts. Up to date eligibility info is available on our website [www.tutor.com/military/eligibility](http://www.tutor.com/military/eligibility) or by clicking on each individual branch of service. For information go to: [www.Tutor.com/military](http://www.Tutor.com/military) Facebook.com/TutorDotComForMilitary or e-mail [Susan.clark.8@us.af.mil](mailto:Susan.clark.8@us.af.mil)

## Daily Mindfulness

Putting mindfulness into your daily life helps your step away from your mind's worries, or over thinking, and gives you just a few minutes to clear your head. Looking for an easy way to put a little Mindfulness into your day? Try this:

- Focus your attention on daily activities such as brushing your teeth, putting on your shoes, or washing the dishes. Instead of doing activities on autopilot, pay more attention. That doesn't mean day dream, but to focus on what you are doing. Research shows you are better off if you do the dishes and think about doing the dishes, than if you do the dishes and think about going to the beach. You experience your greatest joy when you are present and attentive.
- Before going to sleep at night. Bring your attention to your breathing. Observe five mindful breaths.
- Practice while you are waiting. Use this time to notice your breathing. Focus on the flow of breath in and out and allow everything else to just be.
- Use any sound as the bell of mindfulness. Whenever you hear a phone ring, a car horn, the sound of a door closing, really listen and be present. Think of it as a reminder to be mindful of that moment.