



REMAINING RESILIENT

INFORMATION AND RESOURCES FROM YOUR PATRICK CAPE HELPING AGENCIES



Healthier Edible Cookie Dough

*Ms. Cheryl Marsland, Registered Dietitian Nutritionist
SSgt Diyer, 45 MDG Aerospace Medical Technician*

Mindful eating is not a diet, but an approach. Mindful eating practices involve the practice of nourishing yourself with food choices that support health and wellness, along with a resilient body and mind. A mindful eating pattern is similar to the Mediterranean eating pattern – centered on whole fruits and vegetables, whole grains, legumes and beans, fresh herbs, seafood, poultry and less processed foods, limiting sweets to more than 3 servings per week and regular physical activity. May is Med Month, meaning eating the Mediterranean way month #MedMonth (<https://medinsteadofmeds.com/>).

This week SSgt Diyer, Aerospace Medical Technician at the 45 MDG, shares her passion for cooking for resilience by making her “healthier” Edible Cookie Dough recipe. SSgt Diyer is the Unit Fitness Program Manager (UFPM) for the 45 MDG and says she has always been into eating healthy and staying active. She loves food, but doesn’t like all the calories and macros that come with some of her favorite yummy foods. SSgt Diyer has developed a passion for finding recipes of her favorite (sometimes unhealthy) food, then making changes to some of the unhealthier ingredients and food prep steps! Her ultimate goal is to create a cookbook of food hacks that will help people feel less like their on a “diet”, and help others be mindful of the food they eat to nourish their bodies, have fun eating, and build health and resilience all at the same time!

Enjoy our cooking video on a non-Gov’t device at: <https://youtu.be/5iDSuQEZZyo>

Happy Eating!

Quarantine Quarrels – Part Two

From Your Chapel



Have you found yourself stuck in the Quarantine Quarrels with those you love? Find out what words you need to hear and how to use words that help, not hurt with those you love.

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

Click [HERE](#) for to hear Quarantine Quarrels Part One

How To Build Resilience

Learn from your mistakes and successes: Trial and error is how we learn. Once you adapt to being somewhat uncomfortable, you can apply yourself to the challenge at hand, which often triggers a flood of new ideas. Explore the positive thoughts, emotions, and ideas. Perhaps you will learn to speak up for yourself, or you may be forced to apply new approaches to the situation in flux. Test out some new approaches to see what works. By recognizing uncertainty as an opportunity for growth, you can more easily move through it to attain your desired goals.

Step back to gain a broader perspective: Widen your field of vision by reviewing the past and imagining the future. From this perspective, envision various plans, and estimate how they might unfold into the future. Then give it a shot. If that one does not meet your goals, do not hesitate to try another approach. A shift in perspective can help you see the situation from a new point of view and try out new solutions that make you more emotionally resilient in the future.

"Social distancing does not mean being socially disconnected. In fact, we've got to make sure we are working hard to stay connected."

Air Force Chief of Staff Gen. David Goldfein

APPS, PODCASTS & RESOURCES

[Department of the Air Force Resilience](#): Resiliency resources

[Department of the Air Force Invisible Wounds](#): Initiative for Airmen & families living with invisible wounds

[Blue Grit Podcast](#): Stories of resilience and mental health

[Breathe2Relax](#): Breathing exercises and skills

[Calm](#): Tools for meditation and sleep

[Center for Traumatic Stress](#): Mental health resources

[COVID](#): Coach for self-care during the COVID-19 pandemic

[Happify](#): Science-based activities and games to boost happiness

[Headspace](#): Tools for meditation and mindfulness

[Mindfulness Coach](#): Mindfulness techniques

[Mood Coach](#): Mood enhancement

Air Force Civilians

What To Expect When Contacting Your Civilian Employee Assistance Program (EAP) For Counseling Services

Seeking guidance to work through a personal problem is just as important as receiving help for a medical issue. When you contact your EAP, a licensed clinician, not a customer service representative, will answer your call. Clinicians are experienced in helping members with challenges such as:

- Stress
- Anxiety
- Grief
- Substance Misuse
- Relationship Concerns

The clinician will ask you questions to understand your unique situation and provide you with the best help possible to meet your needs, or those of your eligible dependents. Solutions could include being connected with additional resources or professionals. The clinician will coordinate and guide you through all of your care. Should you need emergency services, the clinician will make the proper arrangements to address your needs.

Your contact to EAP is **confidential**. Your personal information is **not** shared outside the program unless you sign a release of information or if the law requires disclosure.



EMPLOYEE
ASSISTANCE
PROGRAM

Air Force EAP
1-866-580-9078

www.AFPC.AF.MIL/EAP

RESILIENCE SELF-CARE

Practicing self-care & prioritizing mental resilience helps to overcome stress, anxiety, and feelings of isolation. Give these a try:

Prioritize healthy routines: Make healthy nutrition, hydration, sleep, exercise, and human companionship part of daily life.

Journal & Express gratitude: Practicing gratitude and journaling can lift spirits and reduce stress by helping you better understand emotions and sources of joy.

Connect with others: Maintain digital connections to help overcome feelings of isolation.

Social media: Stay in touch with loved ones and friends through social media.

Video gatherings: Set up designated times to have virtual gatherings or a game night with friends and family. Seeing a familiar face or group of faces increases feelings of connectedness.

Phone Calls: Take time to talk to family and friends on the phone, especially those who may not have access to social media or video capabilities.

Talk to family and children: Let family members, including children, know it is ok to talk about their feelings; they may also be feeling added stress and anxiety.

Spend time with pets or spend time outside in nature: Find a quiet spot to sit or go for a walk with or without a pet; nature and animals can calm the mind when emotions are high.