



REMAINING RESILIENT

INFORMATION AND RESOURCES FROM YOUR PATRICK CAPE HELPING AGENCIES



What Is **EMPATHY** ?

Brene Brown, PhD says empathy is feeling **"WITH"** people and fuels connection.

According to Theresa Wiseman the qualities of empathy include:

Being Able To Take The Perspective of Another Person

Staying Out of Judgment

Recognizing Emotion in Other People and Communicating That



Click [HERE](#) on a non-Gov't device to learn more about the importance of Empathy in a short 3-minute video



Blue Grit Podcast

Episode 29 is an interview with Col (Dr.) Scott Sonnek who is the Air Force Director of Psychological Health at the Air Force Medical Readiness Agency.

He consults and engages senior leaders at the Headquarters Air Force, DoD, and Congressional levels. He also represents Air Force mental health interests at the Defense Health Agency's behavioral health clinical community. *Click on the logo above to listen to him discuss the psychological impacts of COVID-19, opportunities and innovation amidst crisis, routines, small sustainable improvements, energy management, and staying physically distanced but socially connected.*

Confirmation Bias

Confirmation bias is when we only see information that supports our existing opinion or beliefs. We are attracted to information that confirms what we already believe. We search for or interpret information in a way that confirms our existing beliefs and thoughts. The effect is stronger for emotionally charged issues and for deeper entrenched beliefs.

Ask Yourself....

Do You Believe What You See?

Or

Do You See What You Believe?

FAMILYLIFE® presents

the art of  marriage®

Presenting God's Design for Marriage.



Learn what over 700,000 have discovered about marriage --

happier, healthier marriages start with God's flawless design

The Art of Marriage

Your Patrick AFB Protestant Chapel is offering a small group discussion on "The Art of Marriage." The group begins 10 Jun and will meet at 6:00 pm via Zoom for 8 weeks. Couples will watch a 30-40 minute video before each meeting. The group will meet on Wednesday evenings to discuss each week's topic. The only requirement for each couple is to purchase the book, *"The Art of Marriage: Getting to the Heart of God's Design."*

To sign up or for more information contact Ch Creasman at sharad.creasman@us.af.mil

Putting a Growth Mindset into Practice

As humans, whether we are aware of it or not, our brains are continually changing. Our brain is not hardwired. Just as weightlifting and physical exercise build your muscles, when you are learning, the nerve cells in your brain are growing with mental exercise, and these neurons are developing greater connectivity. The process of growth and rewiring of our brain cells is called “neuroplasticity”. As we learn, our brain remodels itself based on our new experiences. In sum, your ability to grow and learn is supported by research. How can you encourage a growth mindset? Try these steps...



Accept imperfection: Everyone makes mistakes. Being imperfect is part of the human condition. You never signed a contract to be perfect.

Lean into challenges and Reframe perceived failure: Sometimes the hardest times help us grow. Rather than looking at challenges as something you might fail at, consider them as opportunities for growth. Sometimes you win, sometimes you learn. Instead of calling something a “failure,” consider key takeaways and learnings from experiences. Reframe “failure” to “learning opportunity” or “growth opportunity.”

Incorporate the word “yet” into regular vocabulary: This primes the mind for possibility and keeps the brain open. For example: “I don’t know how to do this yet.”

Broaden & Build: Click [HERE](#) on a non-Gov’t device to watch a 3 minute to see how the Broaden & Build theory along with a Growth Mindset can help you build the bridge from where you are to where you want to be.

Eating For Physical Resilience

Ms. Cheryl Marsland, 45 MDG Registered Dietitian Nutritionist

Staying resilient in times of crisis can feel challenging. Understanding how to deploy particular psychological health and performance tools helps you more effectively manage situations and come out stronger on the other side. A body-based approach includes making healthy food choices to keep you energized, choosing high performance foods to fuel your mind and body and making your calories count. This means focusing on a balanced diet rich in fruit, vegetables, whole grains, low fat dairy, lean meats and fish, eggs, nuts and healthy fats.



June is “National Fresh Fruit and Vegetable Month.” Its perfect timing as the growing season is in full swing and there is an abundance of fresh produce available locally. The goal of National Fresh Fruit and Vegetable Month is to increase daily consumption of fresh produce. When it comes to fruits and vegetables, more really does matter for building and maintaining a healthy body! As a Registered Dietitian Nutritionist, I tend to get many questions daily: *What should I eat? Are “carbs” bad for you? How do I lose weight? What foods fuel you the best?* One of my favorite questions: *What is the healthiest fruit or vegetable to eat?* I love this question because it’s easy to answer: **ALL of them!** It’s important to experiment with healthy foods, finding ways to prepare and eat those not so healthy foods in a healthier way.

Be sure to “Veg Out” this month with lots of fruits and vegetables for better health at <https://fruitsandveggies.org/recipes/>.