



# Remaining Resilient

## Information and Resources From Your Patrick Cape Helping Agencies

### Where Do You Turn When You Need To Talk To Someone?

Airmen and families have support available 24/7 through **Military One Source**. Counselors are available at no cost and offer short-term, confidential, non-medical counseling services. Military OneSource sessions can take place over the phone or via secure video or online chat. Call 800-342-9647 or go to [www.militaryonesource.mil](http://www.militaryonesource.mil)

Our civilian Airmen have support available through the **Civilian Employee Assistance Program** (EAP) 24/7. Access is available via telephone or through the website. All Air Force civilian personnel and family members may use the program at no charge to the individual or family member. Call 866-580-9078 or go to [www.AFPC.mil/EAP](http://www.AFPC.mil/EAP)

### A Message From Your School Liaison - Susan Clark

Looking for school resources and updates? Check out the School Liaison Facebook page @PatrickCYES.SLO.

Looking for helpful tips on how to navigate the current challenges of digital learning? Tutor.com provides an excellent presentation on resources and tools. Listen to the webinar at: [www.tutor.com/parentwebinar2020](http://www.tutor.com/parentwebinar2020)

For information or answers to your questions, contact Susan at [Susan.clark.8@us.af.mil](mailto:Susan.clark.8@us.af.mil)



The free Yale course **The Science of Well Being** combines positive psychology with the real-life applications of behavioral science.

<https://www.coursera.org/learn/the-science-of-well-being>

This course is free and open to everyone – military, civilian and family members. You will learn....

- \* Misconceptions about happiness
- \* Why our expectations are so bad
- \* How we can overcome our biases
- \* What can really make us happy

### Reframing

There is a lot happening around us today and it is easy to fall into stress. If you find yourself feeling stressed, reframing can help. Reframing is a way to slow down, step back from our automatic reactions and make a deliberate choice about how we will handle an event or situation. Try these steps.

**1) Notice Physical and Emotional Reactions:** How we think about a situation impacts us physically and emotionally. Are you feeling worried or nervous? Are your hands sweating or heart racing? How you **THINK** about the situation leads to your physical and emotional reactions. Deep breaths slow our bodies down and can slow and ease our physical and emotional reactions.

**2) Evaluate Thoughts:** Step back and look at your situation as if you were an observer. Are your thoughts helping or hurting the situation? How would you objectively describe the event? Move from feeling into thinking.

**3) Replace Negative Thoughts:** Replace highly emotional self-talk with less strong, factual observation of the situation. Move from seeing a threat to seeing a challenge. Refocus thoughts on how to be productive and gain back control.

**4) Move To Problem Solving:** You are not alone. Here at Team Patrick Cape we have a community of helpers, at the base, unit and neighborhood level. Partner with others to meet challenges and solve problems. Use your Air Force resources. Use your Key Spouse Network. We are resilient, and we are stronger together.

### Thought Of The Day: Loneliness

Chaplain Cuneio (Moody AFB) shares a powerful 3-min message about loneliness during the COVID-19 pandemic. His powerful message calls for increased social connection as we “fight through these tough days before us” of physical distancing (see video link below).

<https://www.dvidshub.net/video/744766/thought-day-loneliness>