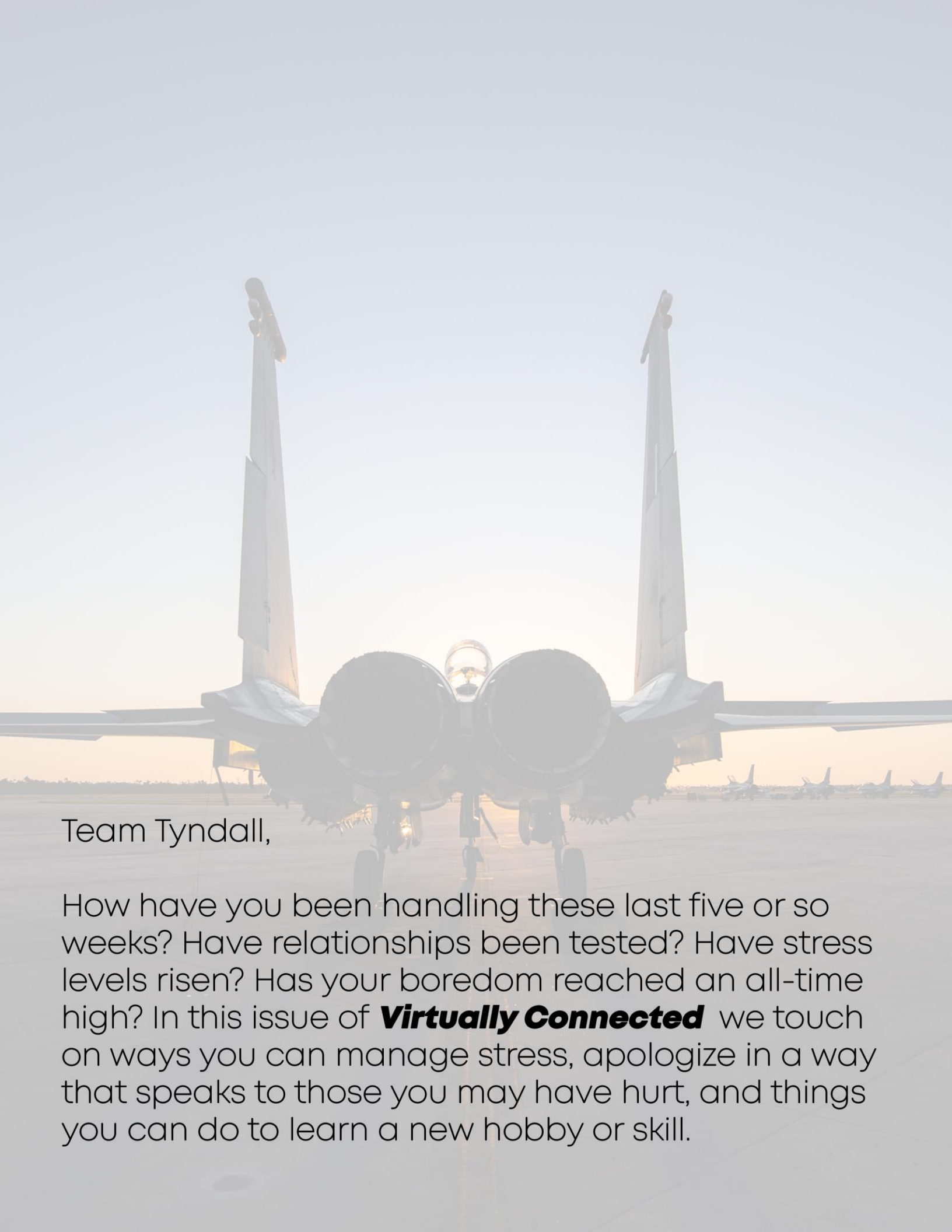


TEAM TYNDALL ***VIRTUALLY CONNECTED***



Issue 6, May 15, 2020
325th Fighter Wing Public Affairs



Team Tyndall,

How have you been handling these last five or so weeks? Have relationships been tested? Have stress levels risen? Has your boredom reached an all-time high? In this issue of ***Virtually Connected*** we touch on ways you can manage stress, apologize in a way that speaks to those you may have hurt, and things you can do to learn a new hobby or skill.

MENTAL

Apologies are the most basic criteria to facilitate forgiveness. They are the first step in making amends to start the repair of something damaged in a relationship. So understanding ones apology language can assist in the enhancement of any relationship. As we continue to adjust and remain flexible with the experiences that seem to be the new normal, it is important to continue building skills to improve communication among family and friends. Below are five different apology languages and what they focus on.

Expressing Regret – Focuses on what you did or failed to do and how it affected the other person. Accepting Responsibility – Focuses on accepting responsibility for your actions. Not making excuses

Making Restitution - Focuses on reassuring the person that they are loved. They need to know you will make it up to them. Genuinely Repenting – Focuses on genuinely repenting and assuring that you will never hurt them like that again. Requesting Forgiveness – focuses on asking forgiveness and showing vulnerability and being at risk for rejection.

MENTAL HEALTH RESOURCES

MENTAL HEALTH

- [Working Remotely during COVID-19: Your Mental Health & Well-Being](#)
- [Stress and Coping - CDC](#)
- [WHO Coping with Stress](#)
- The National Child Traumatic Stress Network,
 - [Parent/Caregiver Guide to Helping Families Cope](#)
- [Military OneSource – Coronavirus Page](#)
- [ADAA COVID-19 Lockdown Guide](#)
- [SAMHSA Tips for Social Distancing, Quarantine, And Isolation](#)

PHYSICAL

Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier, stress-free life. Get outside today and take a walk around the block or even at a neighborhood park. Make sure you are staying hydrated while you do this. Water also helps reduce stress. Studies have shown that dehydration leads to higher Cortisol levels - the stress hormone - making it harder to deal with everyday issues. By staying physically active and hydrated you will be better equipped to deal with everyday problems. These also help with the following... burn calories, strengthen the heart, help lower your blood sugar, ease joint pain, boost immune function, boost your energy, improve your mood, and extend your life.

PHYSICAL HEALTH RESOURCES

HOME EXERCISE

- [Very Well Fit](#)
- [The American Council on Exercise](#)

LIVESTREAM WORKOUTS

- [Planet Fitness](#)
- [305 Fitness](#)

WORKOUT VIDEOS

- [Orangetheory](#)
- [YMCA 360](#)
- [Fitness Blender](#)
- [Life Time](#)
- [Yoga with Adriene](#)

WORKOUTS FOR MOM & BABY

- [Parents.com](#)
- [Mom Junction](#)

SOCIAL

Strive to connect with others online. Social media has its pros and cons. Instead of just mindlessly scrolling through your feeds, look up videos online that can teach you something. Maybe you want to learn how to play the guitar, or home improvement tips. Another way to learn new skills online is through live-streamed classes. Many organizations are offering courses in topics ranging from professional development and leadership to creative activities. This allows you the opportunity to get to know people and network during live-stream courses in addition to learning from the subject matter expert. This time of teleworking and social distancing gives us the opportunity to learn something new. Take advantage of it.

SOCIAL RESOURCES & RESOURCES FOR CHILDREN

PROFESSIONAL DEVELOPMENT

- [Air Force e-Learning](#)
- [AF Quarantine University Facebook Group](#)

PRODUCTIVE PODCASTS

- [Blueprint Leadership ft. CMSAF Kaleth O. Wright](#)
- [Dose of Leadership](#)
- [What Great Bosses Know](#)
- [Beyond the To-Do List](#)

VIDEOCHAT

- Facetime
- Facebook Messenger
- Skype

VIRTUAL MOVIE OR GAME NIGHT

- [Netflix Party](#)
- [Houseparty](#)

RESOURCES FOR CHILDREN

- [Checkered Flag Foundation Learning Booklet](#)
- [Scholastic](#)
- [Sesame Street](#)
- [PBS Kids](#)
- [NASA STEM at Home](#)
- [Bedtime Math](#)
- [TIME for Kids](#)
- [GoNoodle](#)
- [Khan Academy](#)
- [Reading Rockets](#)
- [P.E. With Joe](#)
- [Bill Nye Science](#)
- [Story Time from Space](#)
- [Boston Children's Museum](#)

SPIRITUAL

Sometimes when an Airman comes to visit me with a problem I say no more than 10 words in the whole hour, but still they feel a sense of relief—something has changed for the better. Even if the situation that brought them hasn't changed, something is different and in a good way. The things that weigh on our hearts and minds are really hard to grasp while they're still inside. They tend to be all jumbled up, confusing, and perhaps even overwhelming. When we take those issues out and expose them to light, we can see them more clearly and get a better handle on what's actually going on. Talking to someone is one way to do this. So is prayer, meditation, or journaling. Any activity that gets what we're feeling and thinking out of our hearts and heads gives us a better perspective and, in turn, the ability to cope with and even overcome those issues. The next time things start to build up inside and you're having trouble getting a handle on things... write, pray, sing, draw, and most importantly reach out to someone to talk. Get it out! – Ch. Mark Juchter

SPIRITUAL RESOURCES

PROTESTANT CHRISTIAN

(Various Denominations)

(CG) – Contemporary/General Protestant

(G) – Gospel

(L) – Liturgical

- [Elevation Church](#) (CG)
- [Holy Cross Anglican](#) (L)
- [Life Church](#) (CG)
- [Mount Zion Nashville Church](#) (G)
- [National Community Church](#) (CG)
- [New Life Covenant Church](#) (CG)
(Services in Spanish available)
- [Northstar Church \(local\)](#) (CG)
- [Washington National Cathedral](#) (L)

Online Study & Devotional

- [The Bible Project](#)
- [Our Daily Bread](#)
- [Bible Study Tools](#)

ROMAN CATHOLIC

Sunday Mass Streamed Live

- [The Basilica](#)

Daily & Sunday Mass (Live & On-Demand)

- [Catholic TV](#)

Online Study & Devotional

- [Archdiocese for the Military Services](#)
- [St. Paul Center](#)
- [Catholic Exchange](#)
- [EWTN](#) (multi-lingual resources available)

JEWISH

Streaming services

- [Washington Hebrew Congregation](#)

Online Bible Study & Devotional

- [My Jewish Learning](#)
- [Aish](#)