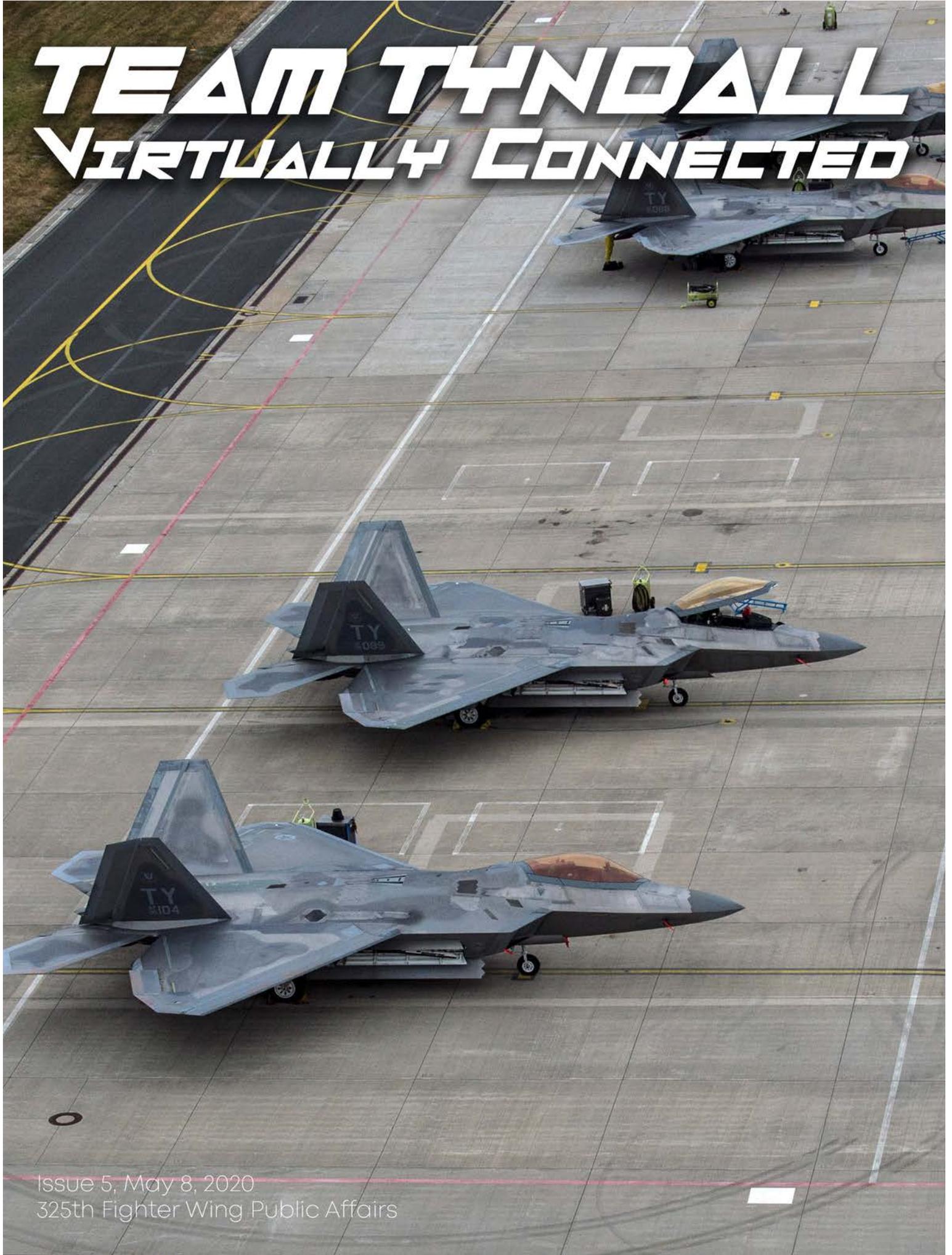
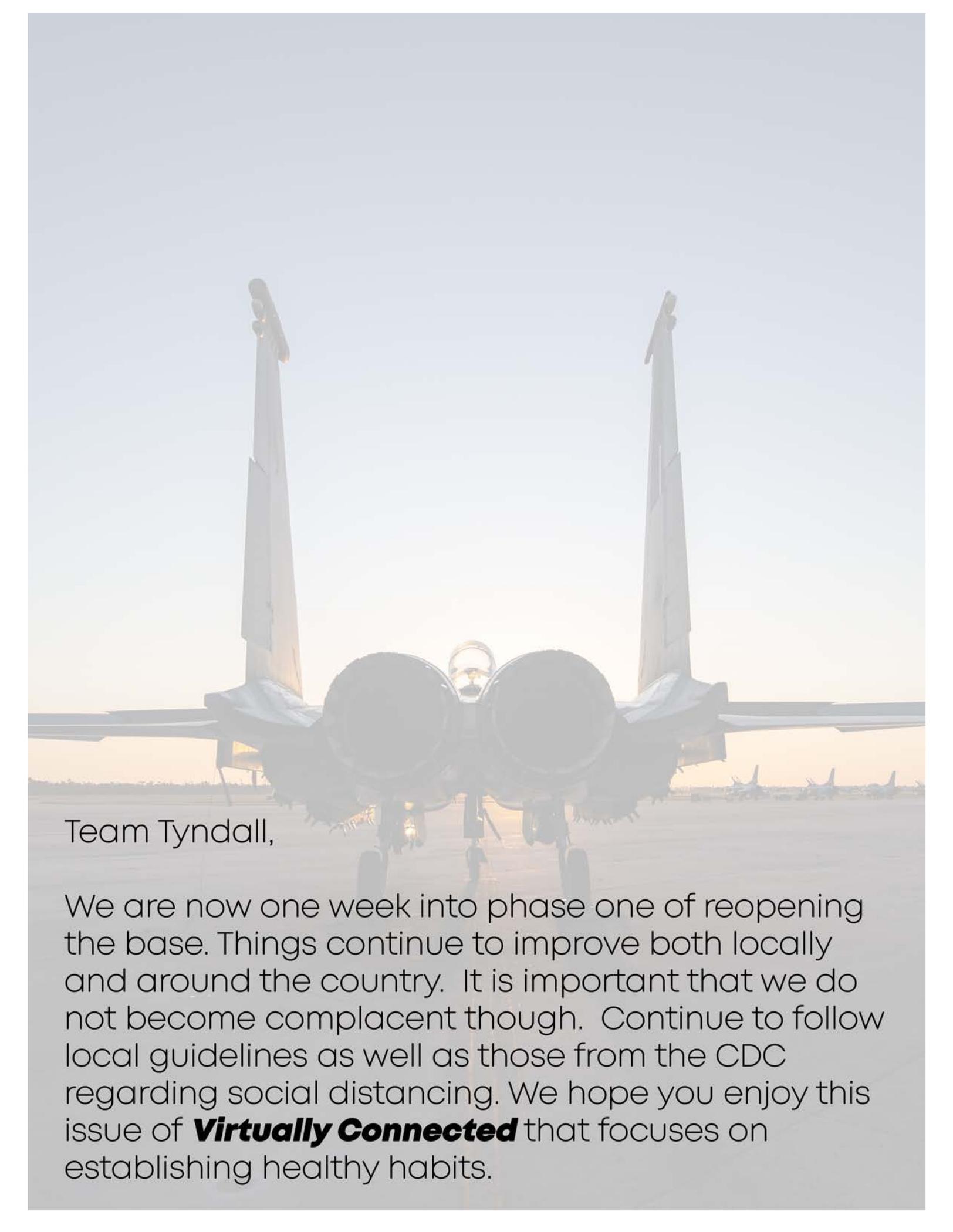


TEAM TYNDALL VIRTUALLY CONNECTED



Issue 5, May 8, 2020
325th Fighter Wing Public Affairs

A fighter jet, likely an F-35, is shown from a rear-quarter perspective on a runway. The sun is low on the horizon, creating a bright, hazy glow behind the aircraft. The jet's canards and wings are visible, and the runway surface is in the foreground. In the distance, other aircraft are parked on the tarmac.

Team Tyndall,

We are now one week into phase one of reopening the base. Things continue to improve both locally and around the country. It is important that we do not become complacent though. Continue to follow local guidelines as well as those from the CDC regarding social distancing. We hope you enjoy this issue of ***Virtually Connected*** that focuses on establishing healthy habits.

MENTAL

It seems like there is so much information about mindfulness and mediation these days. If this is something you are interested in, but don't know where to start, here is a simple exercise. This can be done standing up or sitting down, and pretty much anywhere at any time. All you have to do is be still and focus on your breath for just one minute.

1) Start by breathing in and out slowly. One breath cycle should last for approximately 6 seconds. 2) Breathe in through your nose and out through your mouth, letting your breath flow effortlessly in and out of your body. 3) Let go of your thoughts. Let go of things you have to do later today or pending projects that need your attention. Simply let thoughts rise and fall of their own accord and be at one with your breath. 4) Purposefully watch your breath, focusing your sense of awareness on its pathway as it enters your body and fills you with life. 5) Watch with your awareness as it works its way up and out of your mouth and its energy dissipates into the world... If you never thought you'd be able to meditate, guess what? You are half way there already! Try to create a habit of doing this for a few minutes each day, and before you know it you will be a mindfulness guru!

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

Eating fruits and vegetables has many health benefits. People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for heart disease, type 2 diabetes, and some types of cancer. - Robert Pagenkopf, Health Promotion Coordinator, Tyndall AFB. During these stressful times it is important we are not forgetting to focus on healthy eating habits. The 325th MDG – Health Promotions Facebook page shared some tips on incorporating fruits and vegetables into your meals. A couple of these include... Firing up the grill – cook vegetables on the grill with your meats by making a kabob skewer; Making a fruit smoothie for breakfast – use both frozen and fresh fruits and 100% fruit juice. Find more tips at their Facebook group linked below.

PHYSICAL HEALTH RESOURCES

HOME EXERCISE

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

LIVESTREAM WORKOUTS

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

325th MDG – Health Promotion

- [Facebook Group](#)

WORKOUT VIDEOS

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

WORKOUTS FOR MOM & BABY

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

SOCIAL

The continuation of teleworking and social isolation can be disorienting to many as we spend so much time in the house by ourselves or closely surrounded by family. If you're an extrovert who usually has a busy social calendar, being forced to stay home for weeks at a time can be harmful to your mental health and well-being. Use this as a reminder to take care of yourself. What does that look like for you? Breaking up the monotony is important. It could be a walk on a new route around the neighborhood, sleeping in occasionally, skipping the math lesson with the kids every so often, or maybe ordering in pizza to get a break from the dishes. Whatever it looks like for you make sure you and your family are happy and healthy!

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

A proverb from the Christian tradition says this, “A cheerful heart is good medicine, but a crushed spirit dries up the bones.” You may have spent your last two months on one end of the spectrum or the other, but if you are like me, each day is different. It is my prayer that this one little word can lift you up and keep you going today. The word is grace. If we can learn to give ourselves and others grace during this season, I believe we will have more days with a cheerful heart. We cannot be all things to all people all the time. Give yourself and others grace, because we are all trying to make lemonade out of lemons during this unprecedented season. – Ch Dan Fairchild.

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](#)