

# TEAM TYNDALL

## VIRTUALLY CONNECTED



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325th Fighter Wing Public Affairs



Team Tyndall,

During this challenging time, it's more important than ever that we find ways to stay connected even though we are physically separated. Welcome to our first issue of ***Virtually Connected***. This newsletter is intended to provide Airmen and their families the resources and information they want, designed to help with the challenges we face regarding COVID-19.

# MENTAL

Exposure to natural elements, i.e. the sun, trees, nature, has restorative properties for your mind. Studies show improvement in mood, anxiety, stress, and attention with healthy amounts of sunlight and time outdoors. Plan outdoor time, whether it be while exercising or simply sitting outside, at least three times a day for 15 minutes; if spending longer time outdoors consider sunscreen to protect your skin. Try sitting and observing the nature around you, feel the breeze, listen to the sounds, breathe deeply, and be present in the moment.

## MENTAL HEALTH RESOURCES

- [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

The fitness center is closed, but that doesn't mean working out has to stop. Staying physically fit can help you distress during all the chaos of staying indoors. Don't let the stress and anxiety of being indoors take a toll on you and your fitness. Get some fresh air and go for a walk or run, or try out an exercise video from the comfort of your own home. Take a look at our resources on how and why you should keep up your daily fitness routine during quarantine.

## 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](#)

# SOCIAL

Are you in a book club, wine club, bunco club, or other social group that meets regularly? Try to continue those relationships and normal activities as much as possible. Reach out to friends/family and conduct virtual gatherings. Play a game together! The A&FRC is here for you! They can be reached via (850) 527-4253, (850) 866-7530 or on their social media accounts.

## 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

- [Zoom](#)
- Facetime
- Facebook Messenger
- Skype
- [Houseparty](#)

### VIRTUAL MOVIE NIGHT

- [Netflix Party](#)

### 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

Each of us have more resources and tools for coping with life than we realize. Sometimes we just need to slow down and take time to find them. Start by taking the focus off of the problem, the "bad," and switch to thinking of the future, the "good." Ask questions like: What's worked for me in the past? What does my faith suggest? What might I do differently, even something small that would help change my situation? It takes practice to begin seeking solutions, especially when problems can seem large and overwhelming. So, don't forget to enlist help along the way.

## 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](#)