

# **TEAM TYNDALL** **VIRTUALLY CONNECTED**



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Team Tyndall,

As we continue to adjust to this “new normal” of social distancing and teleworking, remember to find ways to stay connected with family, friends and your support systems. In this issue of ***Virtually Connected***, check out the listed resources for ideas and tips on how to maintain your overall health and wellness.

# MENTAL

One sure way to enhance any relationship, especially with your spouse is having the ability to problem solve. When discussing a problem, try to do so in an atmosphere of respect and acceptance. As you talk, be clear about your concern and give specific information. The real issue can be missed if you don't express exactly what you mean. Try solving problems with these steps. 1) Set an Agenda. 2) Prioritize importance of each issue. 3) Brainstorm to come up with a solution. 4) Agree on a solution, which may require compromise. 5) Follow-up ensuring the problem was solved.

## MENTAL HEALTH RESOURCES

### MENTAL HEALTH

- [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

Start off your day with a routine. Begin by opening your curtains and making your bed every morning. The natural light helps reset your circadian rhythm and making your bed can kick start a feeling of self-accomplishment. Your brain is wired for movement so get your muscles and joints ready for the day with some stretches or yoga. This can be paired with meditation. Try a minimum of 5 minutes of guided mindfulness practices. Focus on your breath and non-judgmental thoughts. Finally, be sure to hydrate and eat healthy, nutritious foods for breakfast to regulate blood sugar, and fuel the brain.

## 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

While we can't just drop by a friend's house or meet up for coffee in these times, we can still connect with others. It just takes some creativity. Social media, video chat apps, and gaming systems all provide opportunities to connect virtually. Technology has often been blamed for distracting people from engaging with others, but it is now the very thing that can tie us together. It may not be a perfect substitution for in-person communication, but it does provide ways to stay in touch with family and friends. Maintaining these relationships while still abiding by social distancing guidelines can make a big difference in your wellbeing.

## 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

Let's say a miracle occurred tonight while you're asleep. As you awake and start the new day, how would you notice that the problem you want to work on has changed in some way? A family struggling with always being home together might think, "we'd schedule time to just talk, when none of us has to do work or schooling, just relate a little every day." The answers to the "miracle question" can become things you work on changing in order to make that better world a reality. Start small and work up. Setting bigger goals could lead to frustration, where small goals lead to victories.

## 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](#)