

TEAM TYNDALL **VIRTUALLY CONNECTED**



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325th Fighter Wing Public Affairs

A fighter jet, likely an F-35, is shown from a rear perspective on a runway. The sun is low on the horizon, creating a bright, hazy glow behind the aircraft. The jet's two large engines and vertical stabilizers are prominent. In the background, other aircraft are visible on the tarmac.

Team Tyndall,

Many of us are finding that we have more time on our hands here lately. How are you using that time to improve yourself? You can find both professional development and fitness resources in this week's issue of ***Virtually Connected***.

MENTAL

We cannot control that the virus is here. However, we can control how we cope by becoming aware of how we address our stress. Do we choose to wear fear, anger, excessive worry, or do we choose to look for opportunities to de-stress? Spend time with family and friends via social media, do arts and crafts, practice yoga or meditation. Turn your New Year's resolution into a Quarantined resolution by completing those projects you never had enough time for that are now collecting dust. Moreover, know that we will be victorious because we are Americans looking for innovative ways to fight this virus. Lastly, if all else fails distract with a laugh!

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

Due to social distancing guidelines and teleworking, you are inevitably spending more time at home. It is important not to neglect your health. As always, following general advice like eating healthy, staying hydrated, being active, getting enough sleep, and managing stress is a great way to promote overall wellness during this time. Limiting the amount of junk food you are consuming and keeping a balanced diet is crucial. This helps ensure that you get the essential nutrients you need for good health. If you notice you are snacking due to boredom or stress, consider implementing an eating schedule like the one you kept during a regular workday.

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

As you find yourself staying home more due to COVID-19, consider how you are utilizing that time. Are you sleeping the day away or binge-watching TV? Relaxing has its time and place, but also contemplate what other activities you can participate in to pass the time. This is a great time to pick up a new hobby or work on professional development. Many organizations are offering free virtual seminars and lessons on a wide variety of subjects during this pandemic. Engaging with others online can also allow for great mentoring opportunities. Take advantage of the extra time you have to learn a new skill or to better yourself. How are you spending your downtime?

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

Many Christian churches around the world recently read the story of “Doubting Thomas” (John 20). Poor Thomas, labeled for his doubt for all time! People of every faith everywhere can probably relate—we all have periods of doubt. The trick is not being stuck there, not blaming ourselves for not being enough, or having enough faith, but to find ways to press through. For some that’s reconnecting with a group of similar believers, others reviving old or finding new practices which strengthen faith. Some might just need to talk it out with friends, family, a faith leader, or chaplain. The bottom line though, doubt happens... Just don’t let doubt get you completely stuck, find ways to press through—even if it takes time—to return to faith!

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](#)