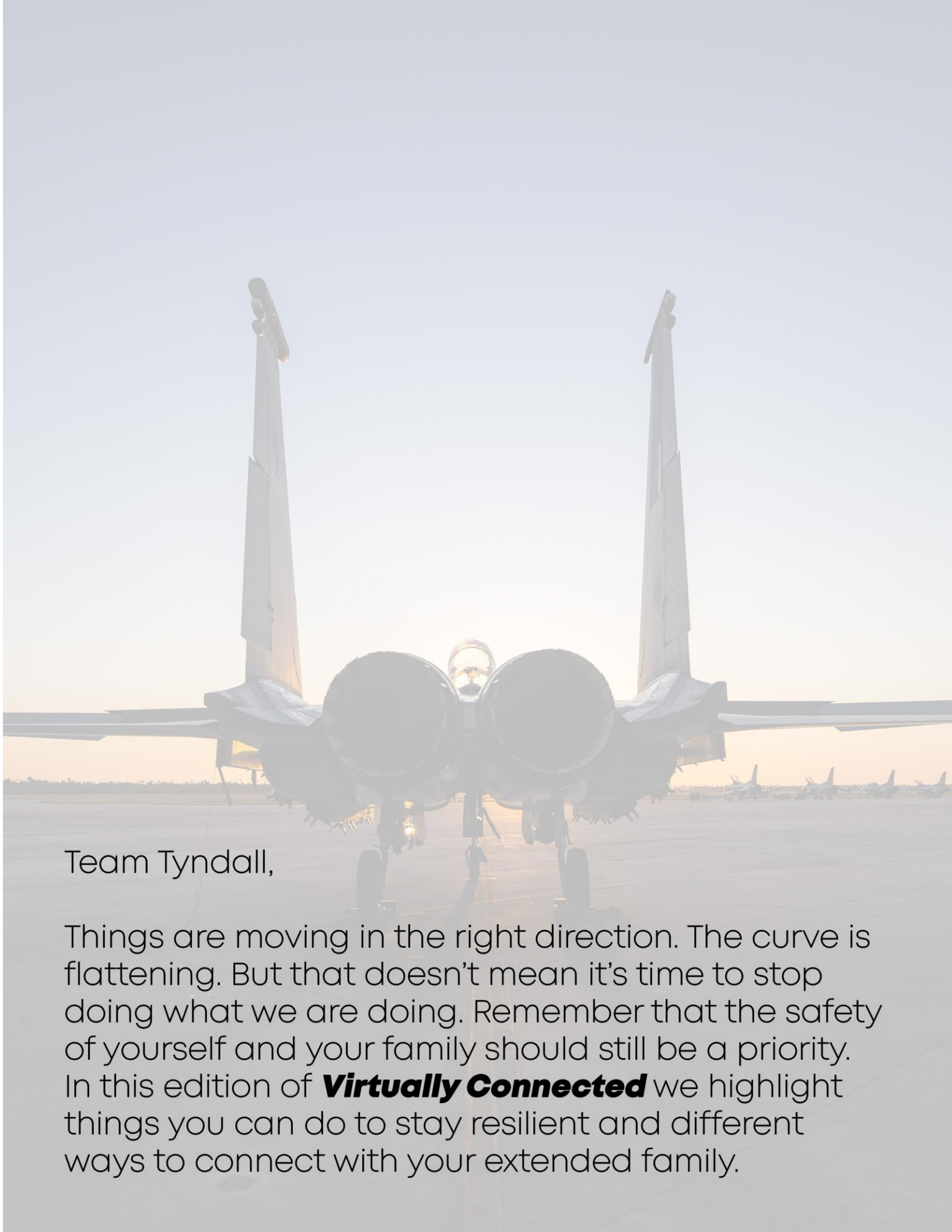


TEAM TYNDALL **VIRTUALLY CONNECTED**



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325th Fighter Wing Public Affairs



Team Tyndall,

Things are moving in the right direction. The curve is flattening. But that doesn't mean it's time to stop doing what we are doing. Remember that the safety of yourself and your family should still be a priority. In this edition of ***Virtually Connected*** we highlight things you can do to stay resilient and different ways to connect with your extended family.

MENTAL

Parental Resilience: It is important to have the ability and courage during stressful situations and the ability to bounce back from challenges. Doing things like taking quiet time to reenergize can contribute to resilience. Take a bath, write, sing, laugh, play, drink a cup of tea. Doing some physical exercise: walk, stretch, do yoga, lift weights, dance. Share your feelings with someone you trust while surrounding yourself with people who support you and make you feel good about yourself. These are all important things to consider doing when you face stressful situations or challenges. Remember, mind over matter.

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

Sleep plays an important role in good health. Getting quality sleep can help protect your mental health, physical health, quality of life, and safety. If you are currently teleworking, it can be tempting to binge watch your favorite shows, check your social media on your phone, or surf the Internet late into the night. Resist that urge! A good sleep routine keeps you healthy. Limit your screen time for at least an hour or two before going to bed. The National Sleep Foundation recommends seven to nine hours for people ages 18 to 64 and seven to eight hours of sleep for people over age 64.

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

Having good social relationships is clearly a winning strategy in life! It's not surprising that social relationships also matter when it comes to resiliency, in part because they help us feel less stress when we are suffering. Here's a challenge, pick up the phone today and call a friend or family member. Not a text or a silly meme sent to a buddy, but an actual phone call. Want to make it extra special? Try a video chat. We have some suggestions on what services you can use below. Missing out on a family trip or reunion? Many of the video chat solutions offer the capability to chat with multiple people at once!

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](#)

SPIRITUAL

Over the past month I've heard from several people who have reconnected with their faith, or found new ways to deepen that faith. Many religious bodies are offering online services, which makes it easier for some to join in on faith-based gatherings daily—not just on the normal day of worship. I've enjoyed tapping into some of those weekday moments myself, a habit I'd fallen out of over the years. If that's true for you, too, consider this: Why not continue these new or renewed habits even after the present crisis passes? If you find your faith deepened by connecting with a community, keep it going later! If daily prayer or meditation has helped now, make it a part of your ongoing routine. Like running and exercise, habits like these that strengthen our faith are worth holding onto all year, regardless of what's going on in the world or our lives. - Ch Mark Juchter (325 FW/HC)

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](#)

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](#)