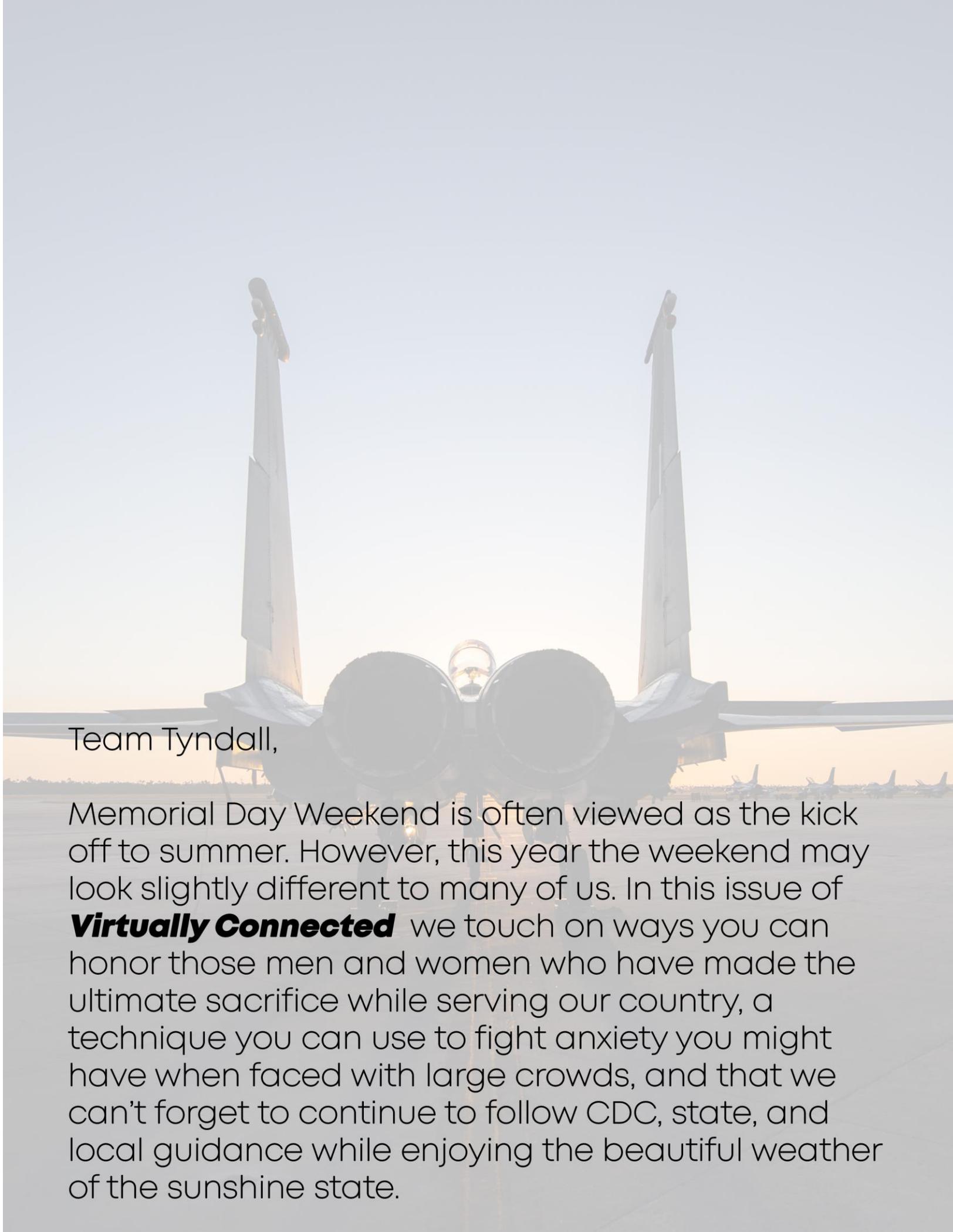


TEAM TYNDALL ***VIRTUALLY CONNECTED***



Issue 7, May 22, 2020
325th Fighter Wing Public Affairs

A faded background image of a fighter jet on a runway at sunset. The jet is viewed from the rear, showing its two large engines and vertical stabilizers. The sky is a mix of orange and blue, and other aircraft are visible in the distance on the tarmac.

Team Tyndall,

Memorial Day Weekend is often viewed as the kick off to summer. However, this year the weekend may look slightly different to many of us. In this issue of ***Virtually Connected*** we touch on ways you can honor those men and women who have made the ultimate sacrifice while serving our country, a technique you can use to fight anxiety you might have when faced with large crowds, and that we can't forget to continue to follow CDC, state, and local guidance while enjoying the beautiful weather of the sunshine state.

MENTAL

Are you anxious about getting out into the crowds this Memorial Day weekend? Anxiety can be induced by many different factors. If you are a person who faces any sort of anxiousness, these past couple of months have likely not helped calm your nerves. As restrictions continue to be lifted around the state and local area keep in mind that if you are feeling stressed or anxious about going out, you don't have to. Don't put yourself in the situation if you aren't ready to do so. However, sometimes we find ourselves in stressful situations when we weren't planning on it. If that's the case for you this weekend try the ABCDE Technique. ATTENTION: When you feel distressed, stop what you're doing and pay attention to your inner dialogue. What is your mind telling you? BELIEVE: Do not automatically believe your thoughts! CHALLENGE: Defuse anxiety by broadening your focus. What's the bigger picture? Is the thought fact or opinion? What might you think if you were feeling calmer? DISCOUNT: Acknowledge that anxiety has been dominating your thinking and let the unhelpful thoughts go. EXPLORE options: What would be helpful to focus on right now? What options do I have available?

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](#)
- COVID COACH APP – Dept. of Veterans Affairs

PHYSICAL

Want to workout this weekend? Each year over Memorial Day weekend many individuals participate in a “Hero workout” honoring fallen Navy Seal, Lt. Michael P. Murphy. The workout, “Murph,” is a grueling test of cardio and muscular endurance. Below are several variations of the workout, so no matter where you are or what specific circumstance you find yourself in because of COVID-19, you can still honor and celebrate the life of Lt. Murphy. All workouts are done for time. PERFORMANCE: Run 1 mile, 100 pull-ups, 200 push-ups, 300 air squats, Run 1 mile. FITNESS: Run 800 meters, 50 pull-ups, 100 push-ups, 150 air squats, Run 800 meters. DUMBBELL ONLY: Run 1 mile, 100 DB bent over rows, 200 push-ups, 300 air squats, Run 1 mile. NO EQUIPMENT: Run 1 mile, 200 push-ups, 300 air squats, 400 sit-ups, Run 1 mile. If you have a weighted vest wear it during the workout. *Substitute 500 jumping jacks for 1 mile run, or 150 jumping jacks for 800 meter run.

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 we go into the long weekend, many of you would typically have plans to spend time with family and friends. This Memorial Day weekend will obviously look different from those in the past. Many local restaurants and beaches have reopened, with updated regulations or limited capacity, and you may plan to take advantage of them. Remember that while local and state restrictions have loosened, it is important to continue to follow CDC guidelines on social distancing and crowd size. Have fun, but remember to take the proper precautions. Have a “plan B” in case your favorite restaurant or beach spot is too crowded. Finally, remember what this weekend is about; honoring the men and women who have made the ultimate sacrifice while serving our country.

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

The Christian faith includes the story of a people who, after fleeing oppression, spent 40 years wandering in a desert. By all accounts, it was not an easy 40 years; they only had the most basic food, water to get by, each other, and their faith. Even though they had the basics, they were tempted - and succumbed - to complaining. We are living in our own sort of desert time right now. Thankfully even the grimmest models say it will not last 40 years, but it could mean that we are living without some of what we used to take for granted for a while. It is easy to focus on what we may have lost rather than what we have. Perhaps sitting down and making a list of the things we do not want to lose on the other side of the "desert." Things that, when the new normal comes around, we don't want to change. Keep that list visible someplace as a reminder that, even in the desert, there is some good. The desert will not be forever. Embrace the blessings you have now. And if you need help with that list, reach out to family, friends, or one of the many helping agencies on base. We can count our blessings together.

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](#)