

TEAM TYNDALL **VIRTUALLY CONNECTED**



Issue 8, May 29, 2020
325th Fighter Wing Public Affairs



Team Tyndall,

As the base, community, state, and country continue to resume operations, we hope you are adjusting to the new normal. This will be our last issue of ***Virtually Connected***. All previous issues of the newsletter can be found on our website if you would like to reference the information and resources found in them.

MENTAL

Last week we talked about dealing with anxiety by using the ABCDE Technique. This week, we will touch on some other ways to help prevent anxiety as we continue to transition to the new normal. Do everything you can to help protect yourself and those around you from getting sick. This includes washing your hands regularly for 20 seconds, cleaning highly touched surfaces, wearing a mask, and staying 6ft away from other when possible. Use the resources available to you if you need help coping with the changes. Some of these sources are available in the links below, such as Military OneSource, and others including calling the mental health clinic on base. Try to embrace a return of structure and routine. If you did not keep a steady routine while teleworking try your best to get back into the routine for work. If you have not gone back to work, begin a routine to help the transition go smoothly. As part of this routine, try to get a full night's sleep. Finally, remember that it is ok and normal to feel anxious in these uncertain. You are not alone in these feelings. Never be afraid to reach out for help.

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

Gyms in the local area are beginning to reopen. Are you planning to go? If you do, there are some steps you can take to prevent possible COVID-19 exposure. Try to go workout at a time when the gym is likely to be less crowded. Take the time to wipe down equipment before and after you use it. If you are more interested in group workouts, make sure any classes you join have a limited number of people in order to stay within the recommended guidelines. Maintain at least a 6ft distance between other people and yourself. If you are at high risk for COVID-19, consider continuing to avoid the gym and work out at home or outside instead.

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 the COVID-19 situation improves both locally and nationally, it's reasonable for you to want to spend time with family and friends. This is especially true with summer approaching and children already out of school. Visiting with others is great, especially after not seeing family for this extended period of time. However, it is important to take precautions to stay safe while doing so. Wear a mask if you are in close proximity to someone from outside your household. Remember the basics like washing your hands and not touching your face. If possible, visit with others outside in the fresh air. Taking these steps can allow you much needed socialization while still following CDC guidelines to prevent the spread of COVID-19.

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

I cannot count the number of times someone has said to me, “Chaplain, I know I should be able to handle this on my own, but it isn’t working, I guess I’m just not strong enough.” Years of providing counsel to service members has shown that many feel that reaching out for help is a sign they have failed or are weak. I hope this is not the first time you have heard this, but that is completely untrue. I believe we were not created to stand alone, but rather as a part of communities and groups that exist to extend mutual support to one another. The scripture I hold sacred is full of stories of people who reached their personal limits and said, “I cannot go this alone any more.” They received help from their faith, family, and communities. Reaching that point is not a matter of failure. Asking for help is not a sign of weakness. It is a sign that we understand the importance of community. Just as none of us can carry out the mission without others (even pilots need the rest of us!), we all need support from time to time. If you find you are struggling, reach out. Take that step in strength and confidence, knowing that we are all here for one another in good times and bad. – Ch. Mark Juchter

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](#)