



Puerto Rico Air National Guard

Resilience -
Foster Wellness

As we all know, the world is going thru a difficult times with COVID-19. As Airmen, we have the duty to serve our community, but also we need to take care of ourselves.

What is Resilience?

Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress—such as family and relationship problems, serious health problems, or work-place and financial stressors. As much as resilience involves "bouncing back" from these difficult experiences, it can also involve profound personal growth.

Foster Wellness.

Take care of your body. Self-care may be a popular buzzword, but it's also a legitimate practice for mental health and building resilience. That's because stress is just as much physical as it is emotional. Promoting positive lifestyle factors like proper nutrition, ample sleep, hydration and regular exercise can strengthen your body to adapt to stress and reduce the toll of emotions like anxiety or depression. Practice mindfulness. Mindful journaling, yoga, and other spiritual practices like prayer or meditation can also help people build connections and restore hope, which can prime them to deal with situations that require resilience. When you journal, meditate, or pray, ruminate on positive aspects of your life and recall the things you're grateful for, even during personal trials. Avoid negative outlets. It may be tempting to mask your pain with alcohol, drugs or other substances, but that's like putting a bandage on a deep wound. Focus instead on giving your body resources to manage stress, rather than seeking to eliminate the feeling of stress altogether.

Attached you'll find a list of the service provide by Military One Source that can help you during difficult times.

Mr. James Martinez

Airman & Family Readiness

787-309-8679

James.martinezferrer.civ@mail.mil

Mr. Carlos Ortega

Yellow Ribbon Support Specialist

carlos.r.ortegantarvaez.mil@mail.mil

156th Wing 200 Ave Antonio Tony Santana, Muniz ANGB Carolina PR, 00979

<https://www.156aw.ang.af.mil/Home/156th-Wing-Resiliency-Center/>

