



Resiliency Briefing



Train, Develop, and Inspire Premier Warfighters

Comprehensive Airman Fitness During COVID-19

Keesler Air Force Base Chapel

Wingmen, Leaders, Warriors!



Signs of Poor Resiliency



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Physical – Lack of energy, binge eating/drinking, decreased stamina

Mental – Negative thoughts, anger towards others, general anxiety & stress

Social – Withdrawn, escapism through movies & video games, loneliness

Spiritual – Resentment towards God & others, sense of hopelessness, growing lack of care/concern for others



Daily Activities under COVID-19



Train, Develop, and Inspire Premier Warfighters

Physical – 30 min home or outdoor run, walk or aerobics

Mental – Begin a journal, write down 3 things you are thankful for each day

Social – Call a friend or family member to check on their wellbeing

Spiritual – Think of someone you don't like or get along with and pray for them



Keesler Chapel Resources



Train, Develop, and Inspire Premier Warfighters

- Chapel Hotline – [376-PRAY](tel:376-PRAY) (7729)
Daily encouragement & telephone counseling appointments
- Livestream Worship Services via:
“[Keesler Air Force Base Chapel](#)” Facebook page
- Inspiring Messages via:
“[Keesler Chapel](#)” YouTube Channel
- Lighthouse access via “[Keesler Lighthouse](#)”
Facebook page & 9 virtual community groups
- [Air Force Connect app-Keesler-Chaplain](#)



Conclusion



Train, Develop, and Inspire Premier Warfighters

- Flattening the curve doesn't only apply to COVID-19
 - You must flatten the curve in your resiliency
- Don't wait until you break before you ask for help
 - Your Chapel team is here for you 24/7

376-PRAY