



Guide to the Service to Armed Forces COVID-19 Virtual Resiliency Module

Module Overview

This virtual module was developed by a team of Resiliency volunteers and SAF staff members to bring support to our military and veteran communities during the COVID-19 pandemic. This temporary module offers stress-management and relaxation techniques and an opportunity to connect with others in a small-group, virtual environment.

The workshop is live, interactive and virtual and is facilitated by Red Cross mental health volunteers. Participants are encouraged to share in the discussion as though they were in person together. Resource lists and tip sheets are available for all military- and veteran-connected community members regardless of whether they attend a workshop.

Format and Structure

- Sessions are 60-90 minutes.
- Sessions have 3-12 participants.
- There are two mental health facilitators running each session as well as a technical host.
- Sessions are closed to the general public, and participants are individually invited to attend upon registering.
- All service members, veterans and their family members are welcome and encouraged to attend the sessions.

Topics Presented

The goal of each workshop is to provide a safe, educational space to discuss challenges and stressors related to the COVID-19 pandemic and to teach and practice skills for stress management. Guided conversation topics include:

- Managing the stress of isolation, multitasking, working from home, supporting children, managing health, caring for family members and career interruptions.
- Defining stress and recognizing its impact.
- Healthy communication during highly stressful times.
- Learning relaxation exercises.
- Setting goals for building wellness plans.
- Getting healthy sleep.
- Finding a positive perspective.
- Practicing gratitude.

Scheduling Workshops

For information on upcoming virtual workshops, contact your [local Red Cross](#) or SAF point of contact.