SOCIAL DISTANCING - LIKE A BOSS -

AFMC CONNECT

FIVE WAYS TO THRIVE

Are you having the isolation woes? Don’t let being house bound get you down. Here are some tips to help you make the best of your time at home and distance from your friends & coworkers.

EXERCISE YOUR BRAIN

Take time for your favorite hobbies or learn a new skill. Knitting, calligraphy, painting, Photoshop, web design, cooking, etc.

STAY CONNECTED - VIRTUALLY

Video chat with coworkers, friends and family members that are far away, you can even watch movies together. Hurry… someone get the popcorn!

GO OUTDOORS AND SOAK UP SOME SUNSHINE

Get fresh air every day. Open the windows, take a walk, or sit in the sun for 10 minutes.

TIDY UP YOUR FINANCES

COVID-19 measures may affect many aspects of your life, including financial readiness. There are resources to help, check out Military OneSource and EAP.

militaryonesource.mil
afpc.af.mil/EAP

PHYSICAL FITNESS @ HOME

Try the Mission Fit App, join a live yoga session on YouTube, find exercise tips on Pinterest or exercise via Zoom with your friends. Where there’s a will - there’s a way!

WHAT ARE YOU WAITING FOR? DO THESE FIVE AND THRIVE!

FOR MORE TIPS VISIT US ON THE WEB OR SOCIAL MEDIA

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