

Greetings Team Detroit Arsenal -

It's Monday! Lots of wild weather today, hope you all are well.

As we start our fourth week of "Stay Home, Stay Safe", I challenge you to reach out to a co-worker that you haven't talked to in a while. One of the things that has filled my cup throughout the past weeks is the thoughtful check-ins from friends and coworkers. My litmus tests for the health of an organization is how individuals answer the question, "Do you have a best friend at work?" If the majority does not answer yes, there is likely some work to do with the team. The military embraces this concept and coined the phrase "battle buddy." I really like this article from "We are the Mighty" on the secret brilliance of the battle buddy culture: <https://www.wearethemighty.com/military-culture/merits-of-battle-buddy-system>. Make sure your teammates all have a battle buddy, focusing on merits 1 - Inclusiveness, 3 - Trust, & 5 - Support. Thank you to all my battle buddies out there.

When we get a little sun again, get out for a walk, a bike ride, or find a good spot to enjoy it. There's been some discussion that Vitamin D/Sunshine helps keep your body strong and fight Coronavirus, and our mental and physical health is important. We must take care of ourselves so we can take care of others.

Along the lines of taking care of ourselves, the Detroit Arsenal's Army Community Service Family Advocacy Program recently launched a video series focused on self-care. The videos were initially created to encourage the Child Development Center staff who were working hard in the trenches. The ACS team realized that these could apply to everyone and they are now available to all.

The videos can be located on Youtube:  
<https://www.youtube.com/channel/UC8KiMNwiIJBuTFGI6QdaVFA/>

(I'd suggest these videos are most easily viewed on your personal computer or smartphone.)

As always, past messages and useful information reside on our microsite:  
<https://www.tacom.army.mil/covid19>

Have a great Monday and stay safe!

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