



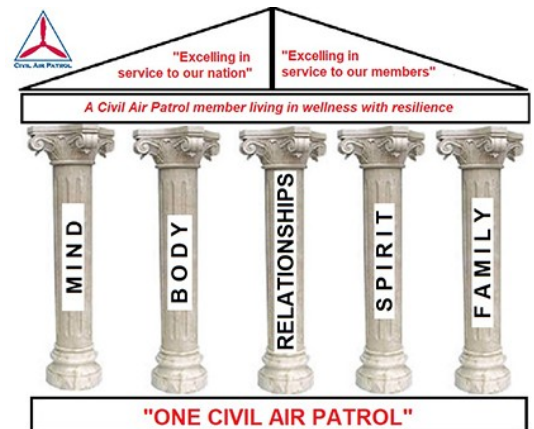
OFFICE OF THE NATIONAL COMMANDER
NATIONAL HEADQUARTERS
CIVIL AIR PATROL
UNITED STATES AIR FORCE AUXILIARY
MAXWELL AIR FORCE BASE, ALABAMA 36112-6332

2 April 2020

Dear Civil Air Patrol Volunteers and Staff –

Greetings. I hope that you and your loved ones are healthy and persevering through these uniquely challenging times we find ourselves in. Civil Air Patrol's role is steadily growing in helping community, state, and nation during the coronavirus pandemic. As of yesterday, we have 12 wings and 638 people supporting 17 active missions. We are being asked to support a wide variety of tasks, ranging from helping with food distribution to underserved children, to transporting critical supplies to outlying facilities, to providing aerial imaging of COVID-19 response resources. I am proud of our volunteers, and I am proud of our One Team national staff of employees and volunteers who are tirelessly working to facilitate Civil Air Patrol's success.

We members of Civil Air Patrol are strong, resilient, innovative, and have a passion for service. However, we are not immune to the pressures that weigh down on everyone during this unique timeframe. That is why I asked you last week to focus on engagement – reaching out to your fellow CAP members and employees to make sure they were doing well, and to help when they might be struggling. I am going to add another dimension to my “ask” of you for this week. My ask is that each of us pause and do a self-assessment of how we are doing. How am I standing up to the pressures I am facing? Am I coping okay? Am I struggling? If so, what might I be able to do to regain a healthy perspective? First, if I am struggling, I have learned through personal experience the wisdom of reaching out for help. There is no shame in reaching out for help, as I learned when I was my wife's caregiver for many years.



Civil Air Patrol Five Pillars of Wellness and Resilience
"One Civil Air Patrol excelling in service to our nation and to our members!"

I have also learned the wisdom of self-care, or wellness. A team of smart people developed Civil Air Patrol's [Five Pillars of Wellness and Resilience program](#). The program focuses on five pillars of wellness and resilience – mind, body, relationships, spirit, and family – as illustrated in this picture. I have incorporated these five pillars of wellness and resilience into my self-care, and I have noticed a significant improvement in my well-being. Perhaps these five pillars can be helpful for you, too.

Be well, be safe, and thank you for what you do in Civil Air Patrol.

Sincerely,

MARK E. SMITH
Major General, CAP