



THE USAFE-AFACRICA (U-A)

CHECK 6

Resilient Warrior

GOAL

Airmen with essential resilience skills to manage and overcome life’s challenges

FACILITATOR’S NOTES

HOW TO PREPARE

- 1. Watch and Share:** “Resilience In 1 Minute 30 Seconds” <https://cs2.eis.af.mil/sites/13819/SiteAssets/Resilience%20in%201%20Minute%2030%20Seconds.mp4>
- 2. Read and Share:** Page 2 of this Check 6—Circumstances often test the limits of our personal resilience. Check in and be ready to support a wingman if you notice warning signs of distress or self-harm.
- 3. Consider:** Identify a personal or professional story that exemplifies how being resilient resulted in you achieving a desired goal or overcoming a personal struggle. Share your story with your team to set the tone and encourage others to share their own experience.

THE EXTRA MILE

ADDITIONAL RESOURCES

1. Ask an MRT/RTA to join your small group discussion and share a skill that highlights the importance of being Resilient—Key skills:
 - "Celebrate Good News" or "Gratitude"
2. Lessons in Resilience - The Stories We Tell and Why They Matter: <http://www.dailygood.org/story/1968/lessons-in-resilience-the-stories-we-tell-and-why-they-matter/>

MISSION PLAN

HOW TO EXECUTE

Prep For Small Group Discussion (Put it in your own words)

Winston Churchill famously advised leaders to “never let a good crisis go to waste.” While challenging times can seem overwhelming, they also provide us with a powerful opportunity to emerge stronger than ever.

During this time, let’s get back to basics and re-calibrate with purpose. Our personal resilience skills improve our performance, energy, health, memory and mood. Mindset is everything when the going gets tough. What we believe about ourselves and our future is vital.

Resilience is enhanced as we continuously refocus on our purpose and make meaningful connections with friends, family and wingmen. Being able to rely on our values, passions, and positive relationships ensures we thrive even in turbulent times.

Suggested Discussion Points

- 1) How do you rely on friends, family and coworkers to help you though stressful moments?
- 2) Where/when do you use belief in something other than yourself to deal with life’s stresses? (e.g. family, friends, values, mission, a higher power)
- 3) Consider asking a trusted Wingman for suggestions on improving your resilience. What kind of recommendations would you provide a friend/ wingman if they asked?

<https://odemangement.com/maintaining-momentum-in-tough-times>

MISSION CHALLENGE—COVID STYLE

Build Connection—Meaningful connection to others is a valuable tool in ensuring that you can recognize when a wingman needs support. Find creative ways to stay connected during this time when we are physically distant. Choose 1 way per week to reach out and connect with your teammates: Virtual Gaming Session, Video Chat, Facebook Watch Party, Virtual Trivia Night, Zoom chat, Virtual Team Workouts, etc... The ideas can be endless—find one that will work with your team.

USAFE-AFACRICA

GRIT

CORE VALUES ● PROFESSIONALISM ● WARRIOR ETHOS

This Check 6 is a guide to allow you to have a discussion with your employees on the values and culture that represent the Air Force. This 15-30 minute discussion replaces traditional formalized training and CBTs to allow you to frame the concepts in the way that best meets the needs of your Airmen.

We all have a part to play in building a culture that makes reaching out for help and seeking help ourselves the most obvious response to distress. What can you do today to contribute?

CHECK IN & CONNECT

Hey! How are you doing?

Not too good...

(Find out more)

I'm fine...

(Gut feeling? Show you care)

"What's up? I'm here for ya."

"You don't seem yourself. Are you sure you're ok?"

"How long have you been feeling this way?"

"I'm here for you if you want to talk."

"What else is on your mind?"

"Is there someone else you will talk to?"

Listen with an open mind.

Encourage and offer support:

"What would help take the pressure off?" - "How can I help?"
 "What do you enjoy that might take your mind off it?"
 "Have you thought about talking to a Chaplain or Provider?"

Make time to check in:

"Let's talk again soon. What are you up to the next few days?"

If you are concerned, check in sooner or more often. Also remember Ask - Care - Escort

<http://www.usafa.af.mil/grit>



<http://resilience.af.mil>

THE SIGNS OF DISTRESS



U-A Integrated Resilience Division

Stress is normal. Some stress is even good for us. Occasionally stressors may overwhelm our ability to cope and result in symptoms that trigger a state of *distress*.

Mood Changes

Such as depression or anxiety

What are physical signs that may indicate a mood change in your Wingman?



Irritability, Agitation or Anger

Stress and anxiety can be a trigger for some that leads to anger or feeling cranky.

How would you decide that a behavior concerns you?

Withdrawing from Family, Friends, or Coworkers

Intense feelings may result in a desire to be alone and isolate.

How can you tell when someone is taking a social break vs isolating?



Difficulties with Sleep

Too little or too much sleep

What signs might you notice in a friend?

Identifying *distress* in yourself and others is important for preventing negative outcomes. Consider some coping strategies when you're feeling distressed: exercise, mindfulness, gratitude, and connecting with others or nature.

<https://www.usafa.af.mil/GRIT> - <https://www.resilience.af.mil>



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