



THE USAFE-AF AFRICA

# RESILIENT WARRIOR

## GOAL

Resilient Warriors develop positive life skills to deal with daily challenges

## FACILITATOR'S NOTES

### TOOLS TO PREPARE YOURSELF

1. Watch "Managing Stress - Brainsmart" video and consider playing for your team: <https://www.youtube.com/watch?v=hnpQrMqDoqE>
2. Ensure the venue and environment will encourage dialogue with the group. The purpose of this conversation is to mentor by listening and aligning viewpoints
3. Consider speaking with a Master Resilience Trainer (MRT), or Resilience Training Assistant (RTA) about how you can best facilitate a discussion on being a Resilient Warrior.
4. Tools are provided to help guide discussions. Adapt the conversations based on your own personal experiences, audience, and what you think will make the most impact.

## THE EXTRA MILE

### ADDITIONAL RESOURCES

1. Ask an MRT/RTA to be a part of your small group discussion and/or teach a skill to your team to intentionally strengthen your focus on individual and team resilience. Example of topics:

- Gratitude: Look for the Good
- Bring Your Strengths
- ReFrame: Control How You React
- Mindfulness in the Moment

Contact your installation Community Support Coordinator (CSC) if you need help identifying an MRT/RTA.

2. Circumstances often test the limits of our personal resilience. Be ready to support a wingman if you notice warning signs for risk of self-harm. See page 2 for more details.

## MISSION PLAN

### HOW TO EXECUTE

Stress is a natural response to the way we experience and cope with the world around us. Like a violin, too much stress risks damage to the instrument (distress); and too little stress limits our ability to perform. Resilience is our ability to keep our instrument tuned and ready. Our physical and mental resilience work together maintaining our physical and mental wellbeing.

Our personal resilience skills improve our performance, energy, health, memory and mood. While we can work on our inner resilience, it is also in our sense of purpose and connections where we rely on our family and wingman's support. Being able to rely on our values, sense of purpose, and relationships creates the critical difference between many who feel resilient and those who do not.

### SUGGESTED DISCUSSION POINTS:

- 1) How do you rely on friends, family and coworkers to help you through stressful moments?
- 2) Where and when do you most often use faith in something other than yourself to deal with life's stresses? (e.g. family, friends, values, mission, a higher power)
- 3) How do you make and maintain social relationships that support your resilience?
- 4) What advice would you give to help a wingman develop better relationships and purpose while stationed overseas?
- 5) What can we do as a team to build and support our team's success?

## MISSION CHALLENGE

### HOW TO APPLY THE LESSON

- 1) To find possible coping strategies for your team, list various types of situations that may be difficult to manage.
- 2) Work together with a partner or with your small group to brainstorm as many ways as you can think of to reduce negative stress when faced with one of the situations you listed.
- 3) Next, when those stressful situations arise, try out one of the strategies you identified. Point out or consider which strategies work better for you than others.

Encourage your team to set personal and workplace goals. Actively role model how to encourage gratitude, diversify the workload, give and get trusted feedback, journal, walk away sometimes, practice positive self-talk, choose healthier options, etc...

**USAFE-AF AFRICA 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.

# ACE

**A**sk your Wingman  
**C**are for your Wingman  
**E**scort your Wingman

## In the Past Month . . .

Y N

- 1 Have you wished you were dead or wished you could go to sleep and not wake up?  Y  N
- 2 Have you actually had any thoughts about killing yourself?  Y  N

If YES to #2, answer questions 3, 4, 5 and 6.  
 If NO to #2, go directly to question 6.

- 3 Have you thought about how you might do this?  Y  N
- 4 Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?  Y  N
- 5 Have you started to work out the details of how to kill yourself? Do you intend to carry out this plan?  Y  N

## Always Ask Question 6

## In the Past 3 Months . . .

Y N

- 6 Have you done anything, started to do anything, or prepared to do anything to end your life? **Examples:** Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.

**Any YES** must be taken seriously. Seek immediate help from friends, coworkers or a chaplain and inform your supervisor/ other member in **YOUR** chain of command. If the answer to 4, 5 or 6 is **YES**, immediately **ESCORT** your Wingman to the nearest chaplain, mental health provider, unit leader or emergency department.  
**Never leave your Wingman alone – even to go to the bathroom. Stay engaged until you can make a hand-off to someone who can help.**

## THE EXTRA MILE

CONTINUED...

1) An individual's ability to adapt to stress and adversity is often impacted by the relationships they form at work and at home. Remember, "Ask, Care, Escort" when you are concerned about someone's safety.

2) Reach out to your installation Violence Prevention Integrator (VPI) and Mental Health Team to bring someone to your unit for more in-depth training on suicide risk factors, warning signs, and ways to intervene.

3) Please see below for additional resources:

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



- <https://www.veteranscrisisline.net/get-help/military-crisis-line>



- <https://www.militaryonesource.mil/>



<https://www.FOH4You.com>



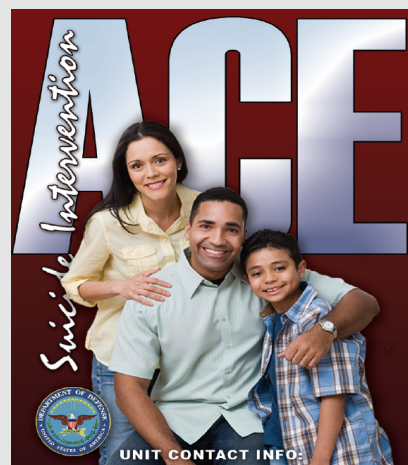
**US CIVILIAN EMPLOYEE ASSISTANCE PROGRAM**

- [Limited Privilege Suicide Prevention Program](#)

- [Checklist for Airmen Under Investigation](#)

A digital version of the ACE Card can also be found on the AF Leader app and on [www.usafe.af.mil/grit](http://www.usafe.af.mil/grit).

## ACE Card for Family Members:



**A**sk your Family Member  
 • Have the courage to ask the question, but stay calm  
 • Ask the question directly: Are you thinking of killing yourself?

**C**are for your Family Member  
 • Calmly control the situation; do not use force; be safe  
 • Actively listen to show understanding and produce relief  
 • Remove any means that could be used for self-injury

**E**scort your Family Member  
 • Never leave your Family Member alone  
 • Escort to chain of command, Chaplain, behavioral health professional, or primary care provider  
 • Call the National Suicide Prevention Lifeline

National Suicide Prevention Lifeline:  
 1-800-273-8255 (TALK)

TA - 144 - 0810

USAPHC <http://picameddarmy.mil/>



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