



AFMC Connect Family Connection

TAKE IT TO THE TABLE

Resilience is the ability to adapt, withstand and recover from difficult situations. When our family unit is more resilient, members are more likely to have a positive mindset, increased communication, and a collaborative approach to problem solving. Resilient families create more opportunities for connectedness.

Understanding and building resilience can transform our approach to life's problems. It does not happen overnight, but resilience can be developed and enhanced over time. Having resilience coping strategies to use in times of crisis gives your family the edge to make it through any situation.

LET'S DO IT

Stay connected. Connect with people you care about at least once every day even if it is just a brief phone call, text exchange, or video chat. Help your kids do the same.

Create an accomplishment jar. Have all family members write down an accomplishment each day and review them at the end of the week. Reflection can be even more impactful than the accomplishment itself.

Check out the Department of the Air Force's Spouse Resiliency Toolkit. Complete resilience training modules to develop skills for resilience, adaptation to change, addressing life's challenges and changing demands:

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

KEEP IT SIMPLE

Head outdoors on a gratitude walk to promote positive emotions, mindfulness, and resilience. Focus on things you are grateful for in nature and spend time looking at the bigger picture.

RESOURCES

Explore spouse and family resources at:
<https://www.resilience.af.mil/Spouse-Family-Resources/>

We would love to hear your thoughts on AFMC Family Connect. Please take our survey at:
<https://www.surveymonkey.com/r/connectfamily>



Family is not defined simply by blood. "Family" is those in your life who accept you for who you are. The ones who would do anything to see you smile and love you unconditionally. Family stands by you and will always support you no matter what.

The objective of AFMC Connect is to reinforce the importance of creating and maintaining connections. Maintaining relationships with family is essential to our overall wellbeing.