

October 2022

FACILITATOR NOTES

1. The objective of AFMC Connect is to provide an opportunity for meaningful conversations to occur within our units. Social ties that accompany a sense of belonging as well as increased connectedness are identified as protective factors associated with preventing suicide.
2. Supervisors have the flexibility in facilitating these discussions in already existing forums (i.e. staff meeting, roll call, guard mount, shift change, PT, etc.).
3. It is important to introduce the monthly discussion in your own words in a way that meets the needs of your personnel.
4. Virtual Tip: Consider opening your meeting with an icebreaker to encourage personnel to engage in conversation about topics other than work (e.g. favorite restaurants, pets, or hobbies).
5. Each month a theme and corresponding tool has been established to assist supervisors in the delivery of relevant content. Those monthly themes feed into a broader quarterly message – this quarter’s message is “Inspire”.
 - October- Endurance
 - November - Recharge
 - December - Inspire
6. For additional information on facilitating discussions and local points of contact, find the full implementation guidance here: <https://www.afmc.af.mil/connect>

FRAMING THE CONVERSATION

Endurance is the ability to maintain our resilience through unexpected circumstances. The benefits of building physical endurance is more easily understood and we often overlook the importance of building our mental endurance until times of crisis. However, taking care of our mental health should be met with the same level of importance as our physical health. It can be as simple as tackling daily challenges by setting attainable goals or encouraging individuals to have an open mind so that we build our resilience before we need it.

Here are some ways to build your teams endurance:

- Encourage them to trust their strengths and abilities
- Tackle the unknown openly and willingly
- Minimize negative self-talk
- Know when to ask for help
- Identify healthy boundaries

Suggested Discussion Points:

- What does the idea of endurance mean to you? Share examples of when your endurance was tested and how you responded?
- How does the language we use impact how we respond to a challenge?
- What are some signs that it’s time to ask for help?

TAKE ACTION:

- Brainstorm self-care ideas as a team.
- Reach out to your helping agencies to find out what classes they can offer related to self-care, stress, or emotional endurance.

KEEP IT SIMPLE:

- Encourage your personnel to schedule 30 minutes this week on their calendar to take time for themselves during the day.

We welcome your feedback on how we can make these products more effective. Please utilize the following link or QR Code <https://www.surveymonkey.com/r/CY22CONNECT>.

