

APRIL 2022

FACILITATOR NOTES

1. The objective of AFMC Connect is to provide an opportunity for meaningful conversations to occur within our units – resulting in stronger connections and increased unit cohesion. 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: At the start of your meeting, greet your team members as though they're walking through a real door. This way they feel like their presence matters, and provides motivation to stay engaged and contribute.
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 "Observant".
 - April - Mindfulness
 - May - Considerate
 - June - Observant
6. For additional information on facilitating discussions and local points of contact, you can find the full implementation guidance here: <https://www.afmc.af.mil/connect>

FRAMING THE CONVERSATION

Mindfulness is the ability to be fully present, taking the time to be aware of where you are and what you're doing. Being mindful can decrease stress levels while improving focus, decision-making abilities, energy levels and openness to new ideas. It allows us to be less reactive to an event in the moment and instead helps us see the world more broadly.

Mindfulness in the workplace gives employees opportunities to be present, leading to mental alertness, resilience and self-awareness – allowing for individual growth by further developing compassion and empathy.

Encourage your team to practice mindfulness by:

- Offering opportunities for brain breaks
- Being present, accomplish one task at a time
- Being aware of thoughts and emotions - avoid letting them control actions
- Taking daily breaks from electronic devices, instead writing down your thoughts
- Doing something nice for someone

Suggested Discussion Points:

1. What is an example of mindfulness in the workplace?
2. What mindfulness strategy have you found helpful?
3. How can you improve professional relationships by practicing mindfulness?
4. What tasks make you feel like your best self?

TAKE ACTION:

- Reach out to your local Community Support Coordinator (see Appendix C) for local classes related to mindfulness; can be accomplished in-person or virtually. (e.g. CHPS, EAP, MFLC, etc.).
- Have a discussion with the group about goals they want to achieve in the near future.

KEEP IT SIMPLE:

- Identify 2 things in your control that you can do to increase mindfulness in your life (e.g. getting more rest, take 5 minutes to walk around the room, turn off teams/chat, complete a task one step at a time).

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

