

November 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

Challenges individuals face, whether at work or home, can leave them feeling drained and impact their ability to keep moving forward. It is important to understand the potential warning signs when someone may be experiencing fatigue or burnout. This could include irritability, lack of motivation, insomnia, or excessive stress. Knowing these indicators can help you take preventative steps before things become overwhelming. Burnout will look different for everyone, but finding time for self-care can help your team stay focused and reduce stress.

Support your team by encouraging them to:

- Press pause and walk away
- Plan opportunities to rest
- Talk out the challenges you are facing with someone you trust

Suggested Discussion Points:

- How do you communicate that you need to recharge?
- How can others help you recharge? How can you help others?
- Do you recharge differently at work vs. when you're at home?

TAKE ACTION:

- As a team share different challenges that exist and compile a list of helping agency resources that could offer members support in a time of need.
- On a sticky note have each member write down a current challenge they are facing and one thing they can do in the next 24 hours to help alleviate current or potential stress surrounding it.

KEEP IT SIMPLE:

- Reserve one day each week that is "meeting free" to allow your team the brain space to catch up.

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>.

