

GOAL: To foster an environment that promotes overall health

FACILITATOR NOTES

1. The objective of AFMC Connect is to reinforce the importance of connection and how it can encourage early help seeking behaviors. This directly contributes to our suicide prevention efforts by lessening the chance of occurrence for high risk behaviors.
2. You have been provided the flexibility in facilitating these discussions in already existing forums (i.e. staff meeting, roll call, guard mount, shift change, PT etc.).
3. Virtual delivery may be utilized due to COVID-19 operating restrictions – examples of available platforms include Zoomgov, Microsoft Teams, or Telecom.
4. 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 theme is “Resilience”.
 - July – Character
 - August – Wellness
 - September – Resilience
5. Please reference the full implementation guidance for additional information on facilitating discussions and local points of contact:
<https://www.afmc.af.mil/connect>
6. We welcome your feedback:
<https://www.surveymonkey.com/r/2021Connect>

FRAMING THE CONVERSATION

The Air Force utilizes the framework of Comprehensive Airman Fitness (CAF) to support the wellbeing of our personnel by focusing on 4 primary domains: social, mental, physical and spiritual wellness. This is a holistic framework for how we view and maintain fitness and represents more than a static state of being (i.e. being happy, being healthy), but an active process of making choices on a daily basis that impact our overall health and wellbeing.

Finding opportunities to enhance wellness in the workplace is one way to invest in your people. If you place emphasis on the overall health of your Airmen by fostering a supportive environment, employees will be more productive because they feel valued. This month, take time to find out what your team is interested in by talking to a variety of groups (i.e. junior/senior civilians, junior/senior enlisted and officers, Key Spouses, Family members, non-traditional leaders). Evaluate how you are currently supporting your Airmen and their families and make it a goal to offer consistent opportunities for wellness.

SUGGESTED DISCUSSION POINTS:

1. What does wellness mean to you?
2. What do you do to support your own wellness?
3. How can you support your co-workers wellness?

TAKE ACTION:

- Invite Civilian Health Promotions Services (CHPS) or Health Promotions to conduct wellness services on site.
- Schedule a squadron/unit Wellness day.
- Have your Employee Assistance Program (EAP) or your Military Family Life Counselor (MFLC) come out to teach a class on managing stress.
- Invite the Chaplain into a virtual meeting or do a “Walk-about.”
- Reach out to your MRT/RTA to facilitate a conversation about *Mindfulness* or *Values-Based Goals*.

KEEP IT SIMPLE:

Block out an hour during the work week for your members to focus on their wellness and provide an opportunity for members to share their self-care.