



AFMC Connect Family Connection

TAKE IT TO THE TABLE

Self-awareness helps us gain a deeper understanding of how we think, feel, and act so we can increase opportunities for personal growth and develop impactful relationships. It is a skill that helps us understand our similarities and differences to those we are closest to and allows us to have more meaningful interactions and partnerships. Individuals with strong self-awareness are able to recognize their strengths and challenges help them readily adapt to different environments and life roles (e.g. significant other, parent, sibling, student, roommates, and coworker). Help your family boost their self-awareness by: giving honest feedback, reverse negative thinking, practice mindfulness, and talk about what they value.

LET'S DO IT

- ◆ Take time at the end of a challenging day to ask "What was most puzzling about today and what can I change about this situation?" or "What was my biggest win today and how did I contribute to that success?"
- ◆ Download the Headspace app or another meditation app and practice mindfulness as a family. Check out Military One Source (MOS) and/or the Air Force Employee Assistance Program (AF EAP) resource sections to see what apps related to mindfulness you can download and utilize as a family.
 - www.militaryonesource.mil
 - www.afpc.af.mil/EAP
- ◆ Check out the spouse resilience webpage and complete the "Celebrate Good News" Put It Into Practice activity.
<https://www.afpc.af.mil/Airman-and-Family/Spouse-Resilience/>



KEEP IT SIMPLE:

At your next family meal challenge everyone to leave their phone/devices in their room.

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



Family is not always blood. It is those in your life who not only accept you for who you are, but also want you in their lives. The ones who would do anything to see you smile and love you unconditionally. Those who stand 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. Now more than ever as we are experiencing a variety of unforeseen challenges due to

Self-Awareness

Using "I" states open up the door to honest communication and creative problem solving without judgment. Practice expressing thoughts based on the examples below.

- ◆ This made me think about...
- ◆ I wonder why...
- ◆ I wish I understood why...
- ◆ This is important because...
- ◆ I discovered...
- ◆ I was reminded that...
- ◆ I found myself wondering...
- ◆ "I feel (insert feeling word) when (share what caused this feeling)."

