



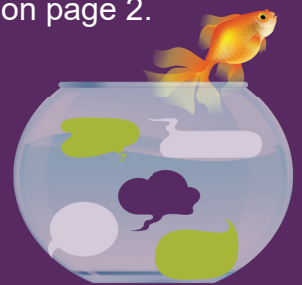
AFMC Connect Family Connection

TAKE IT TO THE TABLE

We know how busy family life can get; balancing work requirements with taking care of your home, school and activities. Often, finding time to spend together can be the biggest challenge of all. Taking advantage of the small moments like a car ride, a discussion over breakfast or before bedtime, can give us the opportunity to check in on each other. Sharing what's going on in our lives allows us to be aware of small challenges and helps us identify the critical moments where we are most needed. Whether it's to celebrate a success or provide a helping hand when things are not going well, sometimes just being there for our loved ones makes all the difference.

LET'S DO IT

- ◆ Check out the Air Force's Spouse Resiliency Toolkit and complete the "Reframe" module and activities.
 - <https://www.afpc.af.mil/Airman-and-Family/Spouse-Resilience/Spouse-Resilience-ReFrame/>
- ◆ Complete the Fishbowl activity by spending some purposeful time together as a family. (see page 2)
- ◆ Should you find you are in need of some more in depth education you can complete the on-line Family Suicide Prevention Training or see additional resources on page 2.
 - <https://www.resilience.af.mil/Programs/Equipping-Families/>



KEEP IT SIMPLE:

Take time to focus on you and/or your family and commit to at least one technology-free meal a week.

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 COVID-19, "checking in" to maintain connection with your family is essential.

Fishbowl

Complete the Fishbowl activity to help spend purposeful time together as a family.

Fishbowl Questions -- Write some thought-provoking questions on slips of paper, and take turns pulling one out and sharing answers.

Some great examples are:



What are you thankful for today?

If you could only pick one thing to do all day, what would it be?

If you could give yourself an award, what would it be for?

What are your "highs" and "lows" for today?

If you could have a "do-over" on anything for today, what would it be?

MILITARY ONESOURCE

YOUR SUPPORT WHEN MILLIFE HAPPENS
Military OneSource is your 24/7 gateway to trusted information, resources and confidential help. When MilLife happens, it's your "first line of support" — giving service members and military families tools to stay well and thrive.

www.militaryonesource.mil/
800-342-9647



EMPLOYEE
ASSISTANCE
PROGRAM
866-580-9078

The Air Force Civilian Employee Assistance Program (EAP) provides employees, their dependents and household members with no cost, confidential resources, tools and services ranging from checking off daily tasks to working on more complex issues to help make life a little easier.

www.afpc.af.mil/EAP



Download the USAF Connect App (free in your App Store). Be sure to favorite your MAJCOM & installation to find local support and resources.