

FACILITATOR NOTES

FRAMING THE CONVERSATION

1. The objective of AFMC Connect is to provide opportunities for meaningful conversations to occur within our organizations – 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. Twelve tools have been developed for CY24, and leaders are able to choose which tool is utilized each month to best meet the needs of their organization – eleven traditional AFMC Connect topics plus one Suicide Prevention training tool.
3. Attend an AFMC Connect facilitator training offered by your Integrated Resilience Office to help navigate the best way to deliver small group sessions and clarify questions you may have on the Suicide Prevention (SP) content.
4. Supervisors have the flexibility in facilitating these discussions in already existing forums (i.e., staff meeting, roll call, guard mount, shift change, PT etc.).
5. It is important to introduce the monthly discussion in your own words in a way that meets the needs of your personnel.
6. Please reference the full implementation guidance for additional information on facilitating discussions and local points of contact at:
<https://www.afmc.af.mil/connect>

Practicing mindfulness helps individuals foster an ability to focus, be more present, and accept both what’s happening around them and how they react. The workplace can be a fast-paced environment, and being mindful can help improve concentration, lessen stress, and help build resilience -- allowing us to be more productive and efficient in our daily activities.

Mindfulness is a skill, and like any skill, the more you encourage your team to practice, the better they will be able to focus on the present. While mindfulness is often associated with meditation, it can take many forms.

Ways to practice mindfulness include:

- Practicing breathing exercises
- Avoiding multi-tasking and focusing on one thing at a time
- Taking daily breaks from electronic devices
- Being aware of thoughts and emotions, and avoiding letting them control your actions

Suggested Discussion Points:

1. What is an example of practicing mindfulness in the workplace?
2. How does mindfulness impact your performance as an individual?
3. How does mindfulness positively impact professional relationships?

Take Action:

- As a team, have individuals identify and share activities within their control that would help increase mindfulness (e.g., getting more rest, taking mini-activity breaks during the day, and stepping away from social media/electronics).
- Reach out to your Integrated Resilience and Prevention Office for ideas on personal development and team building classes.
- Have your unit MRT/RTA facilitate a resilience skills class (e.g., Mindfulness, Gratitude, Reframe)
- Watch the following video together as a team and discuss what mindfulness is to them and how it impacts the mission:
<https://www.dvidshub.net/video/790314/mental-health-minute-mindfulness>

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/CY24Connect>

