

## FACILITATOR NOTES

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>

## FRAMING THE CONVERSATION

Resilience is an inner strength that helps you recover and adapt quickly from a traumatic event or challenge. Having resilience does not eliminate stress or erase life's difficulties; it helps individuals exhibit greater coping skills to address problems, learn, push through, recover, and grow.

Resilience is a key element in an individual's overall well-being. Building a culture that encourages and supports employees will enhance their ability to handle challenges. Encouraging resilience and offering opportunities to enhance it leads to greater job satisfaction, increased productivity, organizational commitment, and employee engagement.

Tips for building resilience include:

- Create a social support network
- Focus on physical well-being and stress management
- Ensure employees are aware of services such as the Employee Assistance Program and Military OneSource

### Suggested Discussion Points:

1. How can we develop physical, social, spiritual, and mental resilience?
2. What does resilience mean to you? How do you practice resilience? How does your organization?
3. How do you rely on friends, family, and coworkers to help you through stressful moments?

### Take Action:

- Think of one of the most difficult events of your life. How can you use this story to help others? How can you leverage it to impact someone in a positive way?
- 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., Gratitude, Celebrate Good News, Mindfulness, Physical Resilience).
- Watch the following video together as a team and discuss what resilience is to them and how it impacts the mission:  
<https://www.dvidshub.net/video/829030/heritage-today-resilience>

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>

