



AFMC Connect

Family Connection

TAKE IT TO THE TABLE

Adapting to change is a skill that is becoming increasingly important in our fast-paced world. Flexibility and learning to adjust to change are core elements of resilience, providing us with tools to address challenges we face in relationships, at school, in the workplace, and in our community.

Adaptability is not just about survival; it is about embracing growth, seizing opportunities, and having a positive attitude in the midst of challenges or change. Embracing change is not always easy, but we can learn to adapt by being prepared. Acknowledgment and positive adjustment to change can help us adopt a growth mindset that will foster motivation, resilience, and determination.

LET'S DO IT

Today's a good day for a good day. Start your day with positive self-talk to boost self-esteem, build resilience, and improve overall well-being. Encourage uplifting statements like "I believe in myself," "I can do this," "Today will be a productive day.," and "I am enough, just as I am."

Try something new. Break out of your comfort zone and try something new as a family. Create a bucket list of new experiences, skills, and fears to tackle. Do not forget to have a reward as you conquer each item!

Conduct a growth mindset activity. Encourage opportunities for positive development by starting conversations with these questions: What happened today that made you keep going despite wanting to stop? What strategies did you try? What did you do to challenge yourself today? Or What will you do to challenge yourself tomorrow?

KEEP IT SIMPLE

End your day having everyone find something positive about their day. Trying to find the silver lining in every situation can boost overall mental and physical well-being.

RESOURCES

Explore spouse and family resources at:
<https://www.resilience.af.mil/Spouse-Family-Resources/>

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



Family is not defined simply by blood. "Family" is those in your life who accept you for who you are. The ones who would do anything to see you smile and love you unconditionally. Family stands 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. Maintaining relationships with family is essential to our overall wellbeing.