



AFMC Connect

DISCUSSION GUIDE

CY25 Q1 (JAN-MAR)

FACILITATOR NOTES

The Department of the Air Force (DAF), DAFI 90-5001, *Integrated Resilience*, requires units to conduct Resilience Tactical Pauses (RTPs) as determined by their MAJCOM. Air Force Materiel Command (AFMC) utilizes AFMC Connect for these small group discussions led by unit Resilience Teams. Unit Resilience Teams are comprised of Master Resilience Trainers (MRT) and Resilience Training Assistants (RTA).

The goal of RTPs is to:

- Foster connection and purpose among Airmen and Guardians
- Build unit cohesion, trust, and confidence in command teams
- Promote trust and confidence in leadership through open discussions and candid feedback

Resilience Teams should facilitate RTPs focused on prevention activities which promote:

- A sense of belonging
- Strong relationships
- Overall well-being and resilience (i.e., physical, mental, social, spiritual)

The facilitator's role is to lead small group discussions by creating an environment that encourages open communication and feedback. The following are tips to assist with facilitation of small group discussions:

- **Know your audience.** Tailor content, tone, and activities to meet the unit's specific needs.
- **Embrace the silence.** Allow participants time to think, reflect, and share their ideas.
- **Encourage participation.** Foster an environment where all members feel their perspectives and ideas are welcomed.
- **Practice active listening.** Listen intently, acknowledge contributions, and paraphrase to show understanding.
- **Remain neutral.** Keep the discussion focused and on track by creating a respectful and safe environment for all participants.

FRAME THE CONVERSATION

WELLNESS

Emphasizes the holistic well-being of our personnel, encompassing physical, mental, spiritual, and social fitness.

This theme focuses on promoting healthy lifestyles, providing resources for stress management, and ensuring a balanced work-life environment. By prioritizing wellness, units can enhance overall morale, boost performance, and cultivate a supportive atmosphere where everyone can thrive. The goal is to foster a resilient and prepared force capable of handling the demands of their roles with confidence and strength.

LET'S CONNECT - ICEBREAKERS

Try these conversation starters to help initiate constructive dialogue within your group.

➤ WOULD YOU RATHER (WELLNESS EDITION)

Players take turns asking each other questions that start with "Would you rather..." and end with two different scenarios. Prepare questions ahead of time or have players think up their own. Examples might include go for a run or do yoga, meditate for 10 minutes or read a self-help book for 30 minutes, cook a healthy meal at home or eat a balanced meal at a restaurant.

➤ WHO'S WHO BINGO

Collect fun facts from your team ahead of time to create a "Who's Who in the Office" Bingo card (e.g., knows how to surf, alum of specific college/university, etc.). Have folks mingle with their co-workers to find one unique person who can sign off a single box until you reach 'BINGO.' Depending on the size of your unit, this can be done individually or in teams.

➤ THAT'S MY LINE

Based on the size of your unit, break into several small teams. Prepare a list of famous quotes or popular lines from movies. Have teams take turns guessing who said it or which movie the line is from.

LET'S CONNECT – TAKE ACTION!

Utilize one of the below activities to offer interaction that reinforces and enhances the topic.

BIG PICTURE JOURNEY

Effective goal setting is a crucial skill for resilience. Give each member a notecard and a pen and guide them to write down a personal or professional goal they wish to achieve. Have participants break down their main goal into smaller, actionable steps. Encourage sharing these steps within groups and soliciting feedback. Discuss how setting clear goals can serve as a roadmap during uncertainty allowing individuals to focus and track progress amidst change. Highlight the strength found in sharing goals with peers for support and accountability.

GRATITUDE CIRCLE

Gather your team in a comfortable circle, sitting or standing. One by one, each member shares something for which they're grateful for, related to either their personal or work life. Encourage everyone to actively listen and show appreciation for each other's gratitude. Repeat the cycle until everyone has had a chance to share. Debrief by reflecting on the shared gratitude to recognize the common threads that tie the team together. Also, discuss how practicing gratitude can improve team dynamics and create a more positive work culture.

RESILIENCE SKILLS

Have your Unit Resilience Team provide a resilience skills training that includes instruction, application, and discussion activities on a specific topic such as:

- "Physical Resilience" is a 35-minute session on the relationship between physical and mental resilience, avoiding shortcuts with healthy choices, and the importance of sleep.
- "Gratitude" is a 25-minute session on benefits of positive emotions, and gratitude skill development.

MINDFULNESS TECHNIQUES

Spiritual wellness provides us with a source of inner strength and resilience, guiding us through life's challenges with a greater sense of clarity and purpose. Lead the team in these [mindful activities](#) to further enhance spiritual wellness and enrich your overall health and well-being.

WELLNESS ACTIVITY

Utilize your local Force Support Squadron to help plan a wellness activity (e.g., yoga or other group fitness class, wellness walk, etc.).

DID YOU KNOW – RESOURCE HIGHLIGHT

ACTIVE DUTY HEALTH PROMOTION

Overall wellness is impacted by making healthy choices with nutrition. The Air Force offers several options to connect you with a Registered Dietitian Nutritionist and/or a Diet Technician for assistance with healthy eating. Contact your local Air Force Health Promotion office, Outpatient Nutrition Clinic within the military treatment facility, and/or Telenutrition services at select installations.



EMPLOYEE ASSISTANCE PROGRAM

Wellbeing coaching is provided by certified experts who can offer confidential, unbiased support and resources to help you be accountable to achieve your goals. You define the changes you want to make, whether personal or professional. Civilian employees and their family members can contact EAP 24/7 at 866-580-9078.



CIVILIAN WELLNESS PORTAL

New tools are available on the [Wellness Web Portal](#) to support your physical activity and nutrition goals. Diet ID is a digital toolkit that reinvents dietary assessment and management with an innovative, clinically tested visual approach to optimizing health. Les Mills classes mix great music and cutting-edge science to help people fall in love with exercise – great for any fitness level!

RELATED RESOURCES

Supplemental Videos:

[Comprehensive Airman Fitness Resiliency](#)
[Physical Resiliency](#)
[Mental Health/Mindful Walking](#)

Wellness Resources:

[NIH – Wellness](#)
[CDC – Physical Activity](#)
[CDC – Nutrition](#)
[CDC – Sleep](#)
[CDC – Managing Stress](#)