



**AFMC Connect**

# Family Connection

## What is Resilience?

It's an understatement to say that life can be a bit hectic, and today's families face different challenges than families just a few decades ago. Families must be able to withstand or recover quickly from difficult situations. In a family, resilience is a team sport where each member supports and relies on one another. Families can build resilience by establish strong support systems, utilize effective communication and problem-solving skills, have positive beliefs, and most importantly, stick together during the good and bad situations and emerge stronger. Building a resilient family takes practice and is a continuous process, learning from one another and each individual's experiences.

## LET'S DO IT

- Promote mindfulness by taking a family gratitude walk. Engaging in physical activity provides a sense of control and empowerment, important elements of resilience.
- Prioritize spending time together. Make time for family activities and outings.
- Create a family "bucket list" with places to go, new skills to learn, and adventures to have with your favorite people. Step outside your comfort zone, get creative, and enjoy spending time together!
- Take the Family Suicide Prevention Training to learn more about signs of distress and how to help someone in crisis: <https://www.resilience.af.mil/Programs/Equipping-Families/>

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



*Family does not always mean blood. It 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. 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. Maintaining relationships with family is essential to our overall wellbeing.*