



AFMC Connect Family Connection

Attentiveness

Attentiveness is being mindful, observant, and considerate of other people and what they may be experiencing. Challenges or stress your loved ones may be experiencing may not be visible. Small interchanges like "good morning," "how are you," and "how was your day?" can be important opportunities to reinforce you are there to provide support. When we put the down our phone, turn off the TV, or push away distractions, we give individuals the respect and attention they deserve. By taking the time to interact with family not just during stressful times, but through everyday moments, you welcome the opportunity for connection and enhance your ability to know when things are not quite right.

Activities

- Break out a deck of cards and play concentration or memory. It's a simple game, but to win, you must give it your full attention.
- Once a week take a family temperate check. How is everyone in the family feeling? Think of a time when you had that same feeling. What can the family do to help?
- Take a family walk and observe your surroundings. How many cars do you see? What do families have on their front porch? What signs of the new season do you see? Discuss why paying attention to details around you could be important in an emergency.
- Visit an escape room as a family. The time limit means you must keep your attention focused and push away distractions that can cost you the game.
- 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.