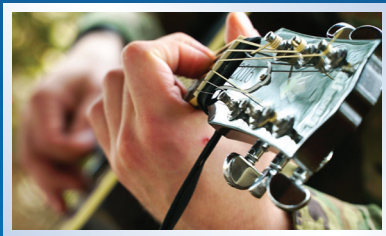




Create cohesive, high-performing teams that foster trust & connection through small group discussions.



Unite through Activity

- ▶ Get together with your co-workers and create a self-care bingo game with activities that must be done as an individual and by groups. The game will encourage self-care and connectedness while supporting friendly competition, and bragging rights for the winning team. You'll find several downloadable self-care bingo examples online.

Related Resources

- ▶ Self-Care: 12 Ways to Take Better Care of Yourself Starting Today
www.psychologytoday.com/us/blog/click-here-happiness/201812/self-care-12-ways-take-better-care-yourself
- ▶ Taking Care of Yourself during Times of Stress and Grief (including apps you can download).
www.militaryonesource.mil/relationships/support-community/taking-care-of-yourself-to-overcome-stress-grief/
- ▶ Breathwork: How to Tap Into the Incredible Power of Breath
<https://www.mindbodygreen.com/articles/what-breathwork-is>



BRIDGECHAT

DISCUSSION GUIDE

DECEMBER 2023

SELF-CARE

Tune out the world around you, the sounds and people, the thoughts running around in your head, and just take a slow, deep breath. Go ahead, I'll wait for you. Feel the air as it enters your body, expands your lungs and pushes out your ribcage. Now exhale, just as slowly, feeling your core muscles engage, pushing your diaphragm up into your lungs to expel as much air out as you possibly can. Now take a normal breath. You have just done the one thing within your control at any moment, with minimal time, to exercise self-care and to recalibrate when you need it most. It's like a superpower! Now, let's delve deeper into self-care, what it is and why it's important.

Self-care is doing activities that take care of our mental, physical, spiritual and emotional health. The list is endless...reading, watching a movie, exercising, playing video games, getting a massage, taking a walk with your dog, going to church, talking to a friend or even putting your phone on Do Not Disturb. Self-care activities vary for everybody and can be vastly different but the most commonly known practices of self-care that have been linked to a longer life include exercise, eating healthy, getting enough sleep, finding a life purpose, and getting outside.

We live in a fast-paced culture and are part of an Air and Space Force that is consistently challenged to get the mission done, oftentimes with less people than we need. On any given day, we can be stretched pretty thin by the demands of life, both at work and at home. We owe it to ourselves, the family and friends that are closest to us, and to the daily teammates and mission we support, to make self-care a priority and a routine. We are worth our own effort and are no less important than the other things we put on our calendars. This month, consider reflecting on a few things. Think about your own routine and how you can intentionally invest in your self-care on a regular basis to be the best version of yourself. Consider what you can do for a friend or loved one to support their self-care. Finally, contemplate what you or a few of you can do in your unit to encourage a climate of self-care. And always remember, your breath is your superpower!

WATCH... The Art of Leading Oneself Series

Listen to CMSgt Bass, Chief Master Sergeant of the Air Force, describe the spectrum of resilience and how we can take care of ourselves by connecting with our internal and external network. (2:01) www.dvidshub.net/video/903095/chief-bass-speaks-resiliency

Discover the importance of self-care, how it impacts your total well-being and reflect on what you can do to be the best version of yourself. (1:36) www.dvidshub.net/video/659792/self-care

DISCUSS...

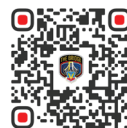
1. In times of personal or professional challenges, what self-care practices have you found that work best to help you overcome them?
2. How can self-care differ for individuals assigned to leadership positions?
3. What perceived challenges or obstacles may prevent people from seeking out or practicing good self-care routines?
4. Do you think you are being selfish if you put your needs first or do you feel guilty by doing so? Why or why not?
5. Why are good self-care practices so important, especially for leaders?

“Self-care means giving the world the best of you instead of what is left of you”

– Katie Reed

“When you discover something that nourishes your soul and brings you joy, care enough about yourself to make room for it in your life”

– Jean Bolen





U.S. AIR FORCE

Spectrum of Resilience

Supporting Airmen and their Families to help them thrive

SELF

Stress Management
Physical Fitness
Mental Fitness
Spiritual Fitness
Financial Services
Wellness



FAMILY & FRIENDS

Spouses
Partners
Friends
Virtual Friends
Other Family Members
Mentors



PEER/SOCIAL CONNECTIONS

Religious Groups
Morale, Welfare,
& Recreation
Shared Hobbies
Professional Organizations
Sports Teams
Clubs
Co-Workers



SUPPORT ENTITIES

Chaplains
Military & Family Readiness Center
Military Family Life Consultant
Operational Support Team
Victim Advocates
Victims Counsel
Employee Assistance Program
Unit Leaders
First Sergeants
Military OneSource



CLINICAL MEDICAL HEALTH

TRICARE
Mental Health Clinic
Behavioral Health Counseling
ADAPT



We encourage **Airmen and their Families** to seek out the help needed at any level, and to be a support, help, or bridge for others across the full **Spectrum of Resilience**.

Go to <https://www.resilience.af.mil/>
for more information on the resources available to you and your family.

*Available resources may vary by installation.