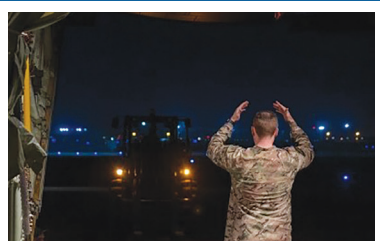
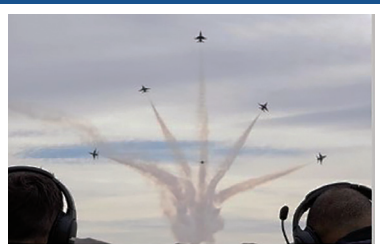
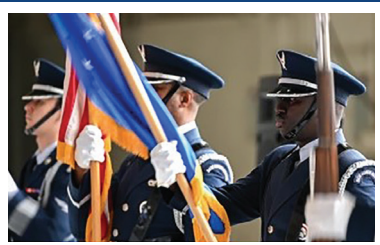




Create cohesive, high-performing teams that foster trust & connection through small group discussions.



Unite through Activity

- ▶ Arrange a bike obstacle course challenge. Rent a bike(s) from ODR and set up a mini obstacle course. Have individual or team challenges for best time, safest driver, etc., and have fun. Safety first, fun always.

Related Resources

- ▶ Spark your conversation about leading self with nuggets from the CSAF Leadership Library
<https://www.af.mil/About-Us/CSAF-Leadership-Library/CSAF-Leadership-Library-2023/>
- ▶ Some of the many benefits to self-regulation:
[VIDS - Video - Leadership Snacks: Self Regulation for Leaders \(dvidshub.net\)](#)
- ▶ Leading yourself well leads to positive Work LIFE HARMONY
[Chief Wright's leadership advice: Don't leave airmen griping and sounding like 'wah wah wah' \(airforcetimes.com\)](#)

LEADING SELF – GREATEST DECISION EVER

One of the most important things we will ever do in life is to lead ourselves.

Leading self involves many disciplines to include self-assessment, self-awareness, and self-care.

Self-assessment is “the act or process of analyzing and evaluating oneself or one’s actions.” Now is a good time to perform an honest assessment of our where you have been, where you are, and where you want to go. Be real with yourself and welcome feedback from those who know you best. After you complete your self-assessment, activate strategies that will help you set realistic goals to change where change is needed. Keep in mind your change may impact others—as we are always a part of something bigger than ourselves. Self-assessment key: Never Give Up.

Self-awareness is “an awareness of one’s own personality or individuality.” To continue growing in self-awareness, periodically look at yourself from every angle, taking note of who you really are and what it takes to become a better you. The ABCs of self-awareness include accountability, building mental strength (resilience), and courage. It has been said “your attitude will determine your altitude.” Map out a flight plan on how to allow the positive to surpass the negative. Maintain a judgement-free zone so that others will feel comfortable coming to you for help. Self-awareness key: Aim High! Light the path and lead the way for others to follow.

Self-care embodies the four pillars of Comprehensive Airman and Guardian Fitness: Mental, Social, Physical and Spiritual health. Chief Master Sergeant of the Air Force, CMSgt Joanne S. Bass, stated “I am a huge believer in self-care, and I am unapologetic about it. I served in the Air Force for almost 23 years before I learned that if I don’t fill my own cup, I can’t fill someone else’s. So for me, that means sleep, being mindful of what I eat and drink, exercise, feeding and exercising my brain (with reading and podcasts), and surrounding myself with the people that build me up socially and spiritually. I’ve learned that self-care is not selfish, it’s necessary.” Self-care key: Take time to rest, refresh, laugh, and live.

From the rising sun to the descending night, continue marching to the enduring tempo of our core values—Integrity first, Service before self, and Excellence in all we do. Leading-self key: know you are a valuable, integral part of our team victory.

WATCH... The Art of Leading Oneself Series



How to overcome a significant obstacle

[VIDS - Video - The Art of Leading One Self: Capt. McGuire \(dvidshub.net\)](#) (4:32)

In this video, Capt McGuire tells his story of how he overcame a significant obstacle, losing his leg, to be a pilot in the Air Force.

Face life’s most difficult missions head on

[VIDS - Video - The Art of Leading Oneself - Sarah Evans \(dvidshub.net\)](#) (1:50)

This video is about Sarah, a cancer survivor and former Airman. People around Sarah gave her the strength to deal with her illness. Her testimony is about always being an Airman. Being in the Air Force and using the qualities of being an Airman helped her meet her cancer “mission” head on.

Guided by Air Force Core Values

[VIDS - Video - The Art of Leading Oneself - TSgt Hayes \(dvidshub.net\)](#) (3:05)

In this video TSgt Hayes, a Basic Military Training Instructor, tells her personal story of how she led herself, guided by Air Force Core Values and her personal commitment, to become the successful Airman and leader she is today.

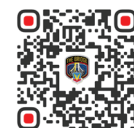
DISCUSS...



1. What are some ways to bounce back after disappointment in not leading oneself well?
2. How does “Integrity, service before self, and excellence” contribute to leading oneself well?
3. Share resources (mental, physical, social, and spiritual), that promote leading oneself well.

“Because of what we do, our standards must be higher than those of society at large. The American public expects it of us and properly so. In the end, we earn the respect and trust of the American public because of the integrity that we demonstrate.”

– Gen. Ronald R. Fogleman, 15th Chief of Staff of the Air Force





Air Combat Command INTEGRATED RESILIENCE

SUPPORTING OUR TOTAL FORCE AIRMEN AND FAMILIES



PREVENTION TAKES ACTION

Learn new skills to improve your well-being such as self-care and resilience, healthy relationships, meaningful connections, effective communication. Act in ways to show your family and Airmen that you care and they matter. Proactive behaviors can be small things that create a positive culture in mitigating risk.

RECOGNIZE SIGNS OF DISTRESS

- Mood changes, such as depression or anxiety
- Irritability, agitation or anger
- Sleep difficulties
- Withdrawing from social activities, family, friends or others
- Lack of interest in activities that were previously enjoyed (hobbies, work, etc.)

ASK CARE ESCORT

Directly **ASK** the individual if they are having thoughts of death, self-harm, or suicide.

CARE about their answers. If they hesitate, or seem uncertain, ask follow-up questions to convey that you care about their well-being.

If the individual is having thoughts of suicide or needs help, **ESCORT** them to a qualified professional or leadership.

GO SLO

If someone demonstrates signs of distress, consider their access to LETHAL means including firearms, medications or other means of fatal methods. Airmen should remember **SLO** – use **SAFES**, **LOCKS** or store mean **OUTSIDE** of the home.

SMALL STEPS SAVE LIVES
www.resilience.af.mil

HELPING RESOURCE	COMMANDER/SUPERVISOR	MILITARY & FAMILY READINESS CENTER	MILITARY ONESOURCE/MILITARY FAMILY LIFE COUNSELOR (MFLC)	CHAPLAIN	CIVILIAN EMPLOYEE ASSISTANCE PROGRAM	MENTAL HEALTH (MH) CLINIC	EMERGENCY ROOM
CONTACT:							
CAN ASSIST:	All	All	Military and Family Members	All (full confidentiality)	Civ/NAF	Military	All
Suicidal Thoughts	✓		✓	✓	✓	✓	✓
Relationship Problems	✓	✓	✓	✓	✓	✓	
Loneliness/Isolation	✓	✓	✓	✓	✓	✓	
Workplace Stress or Problems	✓	✓	✓	✓	✓	✓	
Alcohol/Drugs	Must report to ADAPT			✓	✓	✓	
Fatigue/Sleep	✓		✓	✓	✓	✓	
Anxiety/Panic Depression	✓			✓	✓	✓	
Grief and Loss	✓	✓	✓	✓	✓	✓	
Deployment	✓	✓	✓	✓	✓	✓	
Finances/Budget	✓	✓	✓ (One Source)	✓	✓		
Retirement/Separation	✓	✓	✓	✓	✓	✓	

ASK. CARE. ESCORT. QUESTIONS THAT CAN SAVE A LIFE

ANSWER QUESTIONS 1 AND 2	IN THE PAST MONTH	
	YES	NO
1. Have you wished you were dead or wished you could go to sleep and not wake up?		
2. Have you actually had any thoughts about killing yourself?		
IF YES TO #2, ANSWER QUESTIONS 3, 4, 5 AND 6. IF NO TO #2, GO DIRECTLY TO QUESTION 6		
3. Have you thought about how you might do this?		
4. Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?		
5. Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?		
ALWAYS ASK QUESTION 6	IN THE PAST 3 MONTHS	
6. Have you done anything, started to do anything, or prepared to do anything to end your life? Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.		

ANY **YES** MUST BE TAKEN SERIOUSLY. SEEK HELP FROM A FRIEND, CO-WORKER, CHAPLAIN AND INFORM YOUR SUPERVISOR/OTHER MEMBER IN YOUR CHAIN OF COMMAND AS SOON AS POSSIBLE

- If the answer to 4, 5 or 6 is **YES**, immediately **ESCORT** Wingman to the nearest Chaplain, Mental Health Provider, Unit Leader or Emergency Department.
- **DON'T LEAVE YOUR WINGMAN ALONE** even to go to the bathroom.
- **STAY ENGAGED** until you make a warm hand-off to someone who can help.

MILITARY CRISIS LINE 1 (800) 273-8255 24/7 - 365