



Reminder  
BE YOURSELF. People would rather follow someone that's real than always right.

Options

Close

# NELLIS CHAPEL

## NEWSLETTER

### APPS

SHINE:  
CALM ANXIETY



HABITBULL



WAY OF LIFE



## Ways to Build Resiliency

In Al Siebert's best-selling book, *The Resiliency Advantage*, he writes that "highly resilient people are flexible, adapt to new circumstances quickly, and thrive in constant change."

- 1. Pump Up Your Positivity.** We need a 3-to-1 ratio of positive to negative experiences not just to build resilience, but also to thrive, be optimally productive and enjoy our lives.
- 2. Live to Learn.** Approach challenges and situations with "Learner Questions" - neutral, non-judgemental questions such as "What is useful here?" - "What are my available choices?" - as opposed to "Judger Questions" like "What's wrong?" or "Who's to blame?"
- 3. Open Your Heart.** Acts of kindness can be formally organized, like regularly volunteering in a soup kitchen. Or, they can be as simple as getting out there and finding people to smile at or speak an encouraging word to.
- 4. Hang on to Humor.** Laughing in the face of adversity can be profoundly pain relieving, for both the body and mind.
- 5. Take care of Yourself.** Good health and a regular routine of healthy habits are foundational to both mental and emotional resilience.

Watch this TED TALK on Grit: the power of passion and perseverance.

## LET'S TALK

### Communication Skills

*When communicating, we must never be me-centered—we have to be you-centered*

Before you communicate anything, answer these three questions:

- ☑ What do I want people to know?
- ☑ What do I want them to feel? (Emotions move people to action.)
- ☑ What do you want them to do? (If they can't define it, they can't do it.)

We're here for you!

**Phone:** 702-652-2950

**Email:** 99abw.hc@us.af.mil

**Duty Hours:** 0730-1630 (M-F)

After duty hours, call Command Post for the on-call chaplain at 702-652-2446

## Resiliency Resource

Spouse Resiliency Toolkit – Web  
Application Storyboards  
spousert.wpengine.com



## Resiliency Action Plan

You are more likely to change your behavior if you commit to taking action now. Write out your RAP.

### STOP DOING

### CONTINUE DOING

### START DOING

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