



Bridge Chat Overview and Importance

While the definition of “fun” varies for each Airman and Guardian, the common thread is that we are psychologically wired to enjoy activities that provide a way to connect with others. Science shows that having fun enhances work productivity, increases confidence, builds trust, improves communication, and reduces stress. The connectedness we experience through play has a positive impact on our mindset and demeanor, which influences how we behave and interact with others. Building unit cohesion is essential to building a strong team. As Airmen and Guardians, the work we do is serious, but it is important that we take the time to pursue activities that are fun and strengthen our connectedness to maintain a competitive edge. One team. One fight.

Chat Reminders

- ▶ **Based on feedback from the field:** August 2019 resilience tactical pause feedback told us that our teammates overwhelmingly want continued, sustained and consistent opportunities to talk with their leaders.
- ▶ **Leaders have flexibility.** HQ ACC provides the topic, but the timing, delivery, and discussion questions are at the commander’s discretion.
- ▶ **Cohesive teams built on trust and synergy are more effective**

Above all else...

Demonstrate respect for human dignity

The Science of Fun

Bridge Chat Purpose: Create cohesive, high-performing teams that foster trust and connection through flexible and consistent small group discussions; in direct response to overwhelming feedback from the CSAF 21’s Resilience Tactical Pause.

Getting the Conversation Started

VIDEO: Air Force Wounded Warriors compete at the 2022 Air Force Trials. The events serve as a day for warriors, staff and families to reconnect and dial in on competition leading to the 2022 Warrior Games. TSgt (ret) Harry McClure explains how this opportunity to team up and play positively affects him and other warriors.

<https://www.dvidshub.net/video/835328/afw2-air-force-trials-recap-3-20-22>

“As I learn more and more about the negative effects from lack of socialization and connectedness it motivates me every day to help those who feel alone, not necessarily lonely, but not connected. You can have 1,000 friends on Facebook and feel alone. Or you can have two to three close friends and feel very connected. It is all about how you perceive yourself to be connected and what fulfills you.”

– Cheryl Barbeau, Air Force Wounded Warrior Program

Related Resources

Air Force **Unite**, a Force Support Squadron program, is focused on unit cohesion, teambuilding, and morale. Funds are available to support unit morale-building activities. For more information about ACC’s Unite Program, visit

<https://www.acc.af.mil/About-Us/The-Bridge/UNITE-Program>

Dr. Mike Rucker talks about how harnessing the science of fun can bring a greater sense of happiness and joy and positively impact performance and productivity:

<https://www.youtube.com/watch?v=P5VZtJ6H2os> (23:53)

“Unite is the best thing to happen for our squadron. We were able to focus on getting to know the new members and have fun.”

– 633 CES, JBLE

Suggested Discussion Questions ▶

1. What do you do for fun?
2. Describe a time when engaging in fun improved your state of mind.
3. According to science, why should we make time for fun?
4. What are some organizational impacts of having fun at work?
5. What prevents us from choosing to have fun?
6. What are some ways you can incorporate fun into the work environment?

