



## Bridge Chat Overview and Importance

September is Suicide Prevention Awareness Month making it the perfect time to focus on mindfulness. Suicide prevention begins with being mindful of our own physical, mental and emotional state, the external forces that affect us, and also those around us. With so many distractions constantly surrounding us, it requires discipline to be a mindful professional and we often enhance our performance and connections as a result. It is those very same intentional efforts that play an important role in preventing self-harm. An organization filled with mindful, self-aware professionals effectively builds healthy individuals and facilitates a safe, strong bond among its members.

## 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**

## Mindful Professionals

**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:** A1C Jonas, 20 FW Force Support Squadron, discusses the topic of mindfulness

<https://www.dvidshub.net/video/709796/mindful-monday-airman-1st-class-jonas> (1:00)

TSgt Victoria Hartly discusses her mental battle and the resources she has used through the AF to help her along the way.

<https://www.dvidshub.net/video/823995/winning-mind> (2:34)

**"To be our best, we must be deliberate about fueling our body, mind, soul, and spirit."**

– CMSAF#19, Chief JoAnne Bass

## Related Resources

Dr. Janell MacAulay, Lt Col USAF Retired, speaks about achieving high performance under stress through mindfulness: <https://bit.ly/3qvjbUo> (12:48)

This situational exercise is an effective, enlightening activity for the entire team.

<https://bit.ly/2PYreLr>

Military OneSource provides direct, 24/7 access to professional help for those battling mental health issues, substance abuse and suicidal thoughts. <https://bit.ly/3uz7Yn2>

**"If your emotional abilities aren't in hand, if you don't have self-awareness, if you are not able to manage your distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far."**

– Daniel Goleman

## Suggested Discussion Questions

1. Do you take time to reflect on your physical, mental and/or emotional state?
2. Has there been a time you were able to recognize when something wasn't right with a friend, family member or fellow Airmen? How did you handle it?
3. If someone noticed a negative shift in your mood or behavior, how would you want them to handle it?
4. How does mindfulness impact your performance as an individual and our performance as a team?
5. What is something you can do today to be more mindful?

