



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



BRIDGECHAT

DISCUSSION GUIDE

DECEMBER 2025

FINISH STRONG.

As the year draws to a close, the phrase “finish strong” resonates deeply. But what does it truly mean? To finish strong, we must first reconnect with our “why.” Why did we begin this journey, task, or project in the first place? Our “why” is the foundation of our motivation—it’s the spark that ignited our efforts and the compass that guides us forward. Whether it’s serving our nation, supporting our team, or achieving personal growth, reflecting on our purpose reminds us of the significance of our work. In moments of doubt or fatigue, reconnecting with our “why” can reignite our passion, renew our focus, and fortify our resilience to overcome challenges with determination. By grounding ourselves in our purpose, we build the strength to face adversity and keep moving forward.

Finishing strong requires preparation, the right tools for success, and the support of those around us—because success is rarely achieved alone; it’s a team effort. Surrounding ourselves with supportive and driven individuals, teammates, friends, and family can make all the difference. These are the people who inspire us, hold us accountable, and remind us of our potential when we feel uncertain. Additionally, leveraging resources like books, training programs, and setting SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound) can help us stay organized and focused. Breaking larger goals into smaller milestones allows us to celebrate progress along the way, keeping our momentum alive.

A strong finish is rooted in mindset. Each of us possesses the capacity to achieve more than we often realize. By embracing a growth mindset, we can view setbacks as opportunities to learn and obstacles as challenges to overcome. Adaptability is essential, it allows us to adjust to changing circumstances and remain focused on our goals despite uncertainty. Leadership plays a vital role as well, inspiring us to lead by example, motivate others, and foster a culture of perseverance and excellence.

Every day is an opportunity to strengthen our resolve, focus on our goals, and take one more step toward the finish line. The power to finish strong lies within each of us—it’s a choice we make, a mindset we nurture, and a commitment we honor. As we close out the year, let’s reflect on our purpose, lean on our support systems, and embrace the mindset needed to finish strong—not just for ourselves, but for our teams and the mission we serve.

WATCH...

See It Through

A 1:18 video featuring Air and Space Force personnel, saxophone music, and Edgar A. Guest’s See It Through, inspiring resilience, perseverance, and determination in every mission.

<https://www.dvidshub.net/video/769078/see-through>

DISCUSS...

1. How does reconnecting with your “why” keep you motivated?
Share an example where it helped you overcome adversity.
2. What strategies build resilience and focus? How have others supported you in finishing strong?
3. How do you embrace a growth mindset and adapt to setbacks while staying focused?
4. How can leadership inspire perseverance and excellence in a team?

**If your actions inspire others to dream more, learn more,
do more and become more, you are a leader.**

– General Colin Powell

**I do the very best I know how, the very best I can,
and I mean to keep on doing so until the end.**

– Abraham Lincoln



Tiger AMU wins 2nd Qtr Load Competition



Nellis honors Senior Airman Michael Buras during 15th Annual 5K Run

Unite Through Activity

Design a challenge course with stations focused on resilience, teamwork, adaptability, and leadership. Teams earn points based on performance, teamwork, and effort. The team with the highest score wins a prize or recognition, such as certificates, medals or a fun trophy. Tailor the course to available space and resources.

Related Resources

Setting SMART Goals:

<https://share.percipio.com/cd/2tlZmQj7c>

Growth Mindset Journey:

<https://share.percipio.com/cd/zYS2G0mXD>



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 risks.

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