



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

Pictures are a powerful way to tell a story.
What story does this picture communicate?



<https://www.dvidshub.net/image/7261920/accurate-test-22-pilot-rescue-training>

What communication skills do you see represented in this picture?



<https://www.dvidshub.net/image/2413128/afafira-com-mander-talks-africas-demand-airpower>

Unite through Activity

► The Drawback of Communication

Members pair off and sit back-to-back. One person is the "listener" and one is the "speaker". The speaker describes an image. The listener draws an image based on what they hear but cannot speak. After 5 minutes all of the listeners display their images in random order. The speakers then turn around and try to identify which drawing resembles what they communicated.

Related Resources

- Storytelling, how to use it:
<https://ideas.ted.com/storytelling-is-a-powerful-communication-tool-heres-how-to-use-it-from-ted/>
- The Tongue and Quill provides information to ensure clear communications:
<https://static.e-publishing.af.mil/production/1/saf/cn/publication/dafh33-337/dafh33-337.pdf>

COMMUNICATION:

Effective communication connects us and makes us a more productive team. Being able to communicate with each other not only helps us to better understand one another but it helps us unite to achieve our goals, set priorities, cultivate resilience, and to make change.

It has been said that the most human thing we do is to communicate but how do we communicate?

Communication is a multifaceted endeavor. To communicate well you need to know your audience and cultivate self-awareness. Before communicating with others, you may ask yourself questions like, who might be receiving this message? Or what message am I sending with my body language? Might you actively be mirroring a person you are seeking a connection with or crossing your arms to close yourself off?

Storytelling is likely the very first social interaction in human history and is thought to be responsible for the development of our large brains. Today, storytelling is still crucial to our survival as human beings. Some experts believe that a lack of communication is an indicator for the level of risk of mortality for isolated individuals.

Through stories we can share and gain wisdom gained through our lives, we can derive information about how others live, perceive situations, themselves and others. In telling a story we are given the opportunity to reflect on things more effectively through the process of determining a beginning, middle, and end of a story.

Stories are not just what we tell other people, they are also the narrative we may have in our minds, and in learning to understand people it's important to share with them openly and honestly.

Learning how to tell stories is one of the most fundamental building blocks of communication and is vital for cultivating relationships. Learning to communicate effectively is an on-going task but the resulting skill will positively impact your life in every way.

WATCH...



Soldiers from the Camp Buehring, Kuwait discuss how effective communication can improve unit morale and build readiness.

<https://www.dvidshub.net/video/751095/effective-communication> (1:41)

CEO of Duarte Design, shares her experience on why stories are still important.

www.youtube.com/watch?v=9JrRQ1oQWQk

DISCUSS...



1. What skills are needed to communicate effectively?
2. How can storytelling help us communicate with those around us?
3. How might stories help us to better understand one another and work better together?

“When I am getting ready to reason with a man, I spend one-third of my time thinking about myself and what I am going to say and two-thirds about him and what he is going to say.”

– Abraham Lincoln

“Storytelling is among the oldest forms of communication. Storytelling is the commonality of all human beings, in all places, in all times.”

– Rives Collins



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



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