



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



Unite through Activity

- ▶ **Pumpkin Pals** - Use Unite funds to host a pumpkin painting contest! Decorate a pumpkin with a word or symbol that highlights what you like best about your organization (eg, "teamwork", "mission", "fun", "people"). Have members vote on which one they like best.

Related Resources

- ▶ The Speed of Trust: It's a learnable skill:
www.forbes.com/sites/rodgerdeanduncan/2018/07/12/the-speed-of-trust-its-a-learnable-skill/?sh=c49b2673bbf6
- ▶ Military One Source has many resources to make your important relationships stronger:
www.militaryonesource.mil/specialty-consultation/s/building-healthy-relationships/building-healthy-relationships/

HEALTHY RELATIONSHIPS:

If an aircraft on the flight line could talk, what would it say? Maybe it would say, "My tires are worn, please take care them or they're going to blow on the next landing." Maybe the engine would say, "I'm having trouble turning over and soon, I won't run." Maybe the aircraft would say, "My radio is one loud pop from going dead and it's going to decrease mission capabilities."

Aircraft speak to us in nonverbals and we have to pay attention. Fortunately for us, people can speak to us and tell us what's wrong, but we also have to pay attention to their nonverbals. In the maintenance world, you need the 4-T's to keep aircraft healthy: Time, Tools, Training and Tech data. In life, you need the 4-C's: Communication, Collaboration, Consideration, and Compatibility to keep relationships healthy.

Healthy relationships with people are much like having a healthy relationship with an aircraft. If you have a healthy relationship with a plane or a person, you can notice the minor issues before they become major issues. Healthy relationships are about seeing the frustrated co-worker and asking multiple times how they're doing. It's about having the difficult conversations before the difficult situation. It's about being able to trust a wingman with not only your life in battle, but with your anxiety and fears at home. It's about having your finger on the pulse of people's emotions and knowing them well enough to have delicate conversations. It's about having real conversations now, so you don't have to deal with big issues tomorrow. It's about being able to talk about the most difficult issues in your life with someone who gets you, sees you, and cares more about you than what you can do for them.

WATCH...

ASIST training offered to service members fosters connection and healthy relationships:

www.dvidshub.net/video/897525/assist-bridge-chat (1:44)

Maintain healthy relationships during stressful times with your love bank and appreciation:

www.dvidshub.net/video/756445/mental-health-minute-relationships (1:30)



DISCUSS...

1. What are the signs of a healthy relationship in the workplace? At home?
2. What are three warning signs that a relationship is unhealthy or abusive?
3. According to others, how well do you collaborate with your team?
4. Are you compatible with your significant other? Why or why not?
5. Are you compatible with your supervisor? Why or why not?



The friend of my adversity I shall always cherish most. I can better trust those who helped to relieve the gloom of my dark hours than those who are so ready to enjoy with me the sunshine of my prosperity.

– Ulysses S. Grant

I used to think the worst thing in life was to end up all alone, it's not. The worst thing in life is to end up with people that make you feel all alone.

– Robin Williams



www.acc.af.mil/About-Us/The-Bridge/

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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