



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



## Unite through Activity

- ▶ Visualizing your goals can help you prioritize and achieve them! Collect images that speak to the future you desire to create and arrange them on a board for a visual reminder of where you're heading. Gather with your team and share your vision.

## Related Resources

- ▶ Why Self-Belief is a Superpower That can be Harnessed  
<https://www.theguardian.com/lifeandstyle/2021/jun/05/talk-yourself-up-the-simple-science-behind-boosting-your-self-belief-confidence>
- ▶ Change Your Attitude – It is Possible  
<https://management.co.nz/article/change-your-attitude-%E2%80%93-it-possible>

## Coaching

- ▶ From managing stress and anxiety, to finding work-life balance, confidence, and purpose, coaching can help get you on a path to a happier, healthier you.

## UNLOCKING POTENTIAL

Unlocking potential is about realizing that we are all capable of achievement. It is about overcoming self-defeating, negative thoughts like “I’m not \_\_\_ enough”, or “I’m too \_\_\_”. Believing in ourselves and recognizing all that is possible is a lifelong journey, filled with opportunities and self-discovery.

There are so many benefits to identifying and unlocking our potential. We are possibly removing future regrets (and, in some cases, current regrets). Unlocking our potential also has powerful and positive effects on our confidence levels. As we start to achieve, our confidence will begin to grow as we are proving to ourselves that we are very capable. Ask yourself why unlocking your potential is so important to you. Is there a financial incentive? Is it a feeling of happiness or becoming proud of something?”

So, it’s over to you. Take some time to realize your potential through positive thinking, visualization, and exploration. Create a vision board of your dreams and goals. Try jotting down your thoughts in a journal to return to at a later date, and notice what has changed and what has stayed the same. Try something new. We all have the power to unlock our full potential.

## WATCH...



CMSgt Kenneth Bruce, 16th AF Command Chief, shares a message about finding and encouraging potential in yourself and others.

<https://www.dvidshub.net/video/724394/grand-slam-short-potential> (2:04)

## DISCUSS...



1. When do you feel most fulfilled?
2. What is one thing you want to achieve, accomplish, or experience more than anything else?
3. What personal strengths can you use to achieve your life goals?
4. What obstacles stand in the way of you truly enjoying your life?
5. How can you overcome these obstacles?
6. What do you want your legacy to be?

“When Airmen know they are valued, have high quality of service and quality of life, and are empowered to reach their full potential – there are no limits to what we can accomplish.

– General Charles Q Brown, Jr.



<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 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

Directly **ASK** the individual if they are having thoughts of death, self-harm, or suicide.

## CARE

**CARE** about their answers. If they hesitate, or seem uncertain, ask follow-up questions to convey that you care about their well-being.

## ESCORT

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](http://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
<b>CONTACT:</b>							
<b>CAN ASSIST:</b>	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?		
<b>IF YES TO #2, ANSWER QUESTIONS 3, 4, 5 AND 6. IF NO TO #2, GO DIRECTLY TO QUESTION 6</b>		
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?		
<b>ALWAYS ASK QUESTION 6</b>	IN THE PAST 3 MONTHS	
6. Have you done anything, started to do anything, or prepared to do anything to end your life? <i>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.</i>		

**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**