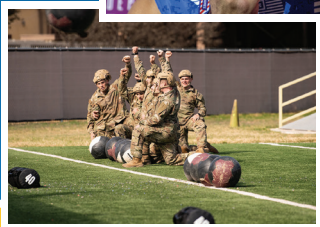
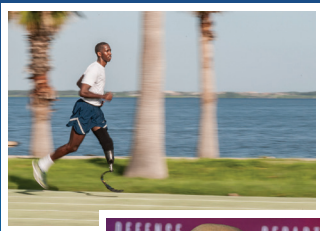




Create cohesive, high-performing teams that foster trust & connection through small group discussions.



SEEING BEYOND YOUR CIRCUMSTANCES

Sometimes we get so absorbed in our day-to-day, moment-to-moment grind we forget to look up and remind ourselves of our bigger picture and purpose. When we lose sight of our bigger purpose and our own personal sense of “why”, we may feel overwhelmed and our goals may feel unachievable. However, by taking a moment to see beyond our current circumstances and remind ourselves of the bigger purpose, we are more likely to realize nothing is insurmountable. Each of us have ways to overcome any circumstance, sometimes with the help of others, so that we can continue to move on our life’s path towards our purpose.

Seeing beyond our circumstances means being able to look past the here and now to envision a hopeful future. By reassessing our bigger purpose, we can then reevaluate and re-attack our current situation to help us realize our brighter future and purpose. Seeing beyond your circumstances will often require you to take a pause in whatever is happening and self-reflect. While this pause might seem like you’re wasting time in the here and now, this momentary break to see beyond your current circumstances will enable you to bring a renewed sense of purpose and motivation to your current situation.

If you need help seeing beyond your circumstances, please remember to use your base helping agency resources. A compiled list can be found here:

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

WATCH...



“Seeing Beyond your Circumstances”, by ACC PA with comments from the ACC Commander, General Mark Kelly:

<https://www.dvidshub.net/video/882168/may-2023-bridge-chat-seeing-beyond-your-circumstances>

DISCUSS...



1. Have you ever faced a challenge that you had trouble seeing beyond your circumstances? How did you overcome it?
2. What actions can you take to help yourself see beyond your circumstances?
3. Do you ever self-reflect? How often has self-reflection changed your perception of a situation?
4. How would you lend support to a teammate who was having trouble seeing beyond their current circumstances?
5. Do you think life’s circumstances (both positive and negative) are better alone or with others?
6. Why do you think solitary confinement is difficult mentally?
7. How would you ensure your teammates don’t feel like their work environment is solitary confinement?

“Your present circumstances don't determine where you can go; they merely determine where you start.”
– Nido Qubein

“Everything can be taken from a man but one thing: the last of human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way.”
– Viktor E. Frankl



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

Unite through Activity

- ▶ See the big picture by creating a collective work of art. Find a free mural coloring page image. Print it and cut it into pieces. Have members of your team use colored pencils, markers, or paint to color their section. Put it together and celebrate!

Related Resources

- ▶ Watch Les Brown’s full speech, “It’s not Over Until You Win”, at the following link (sound bite used in “Seeing Beyond your Circumstances” video from 3:55 to 4:37):
<https://www.youtube.com/watch?v=8Fd06U-3TAY>
- ▶ For more on ways to see challenges as opportunities, this video is a summary of the book, *The Obstacle is the Way* by Ryan Holiday:
<https://www.youtube.com/watch?v=2rQfr7XAQi0>



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

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? <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