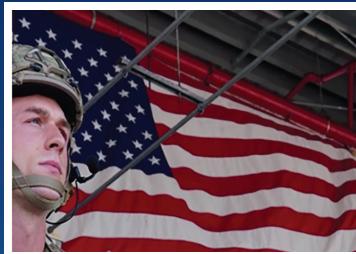




Create cohesive, high-performing teams that foster trust & connection through small group discussions.



Related Resources

- David Robson highlights research revealing the benefits of religious practice and how they may apply to non-religious lifestyles.

<https://www.theguardian.com/world/2022/dec/03/beyond-beliefs-religious-faith-happier-healthier-life>

- Dr. Lisa Miller, author of *The Awakened Brain*,¹ discusses the science of spirituality in mental health, thriving and fitness:

https://www.army.mil/article/241538/building_the_whole_soldier_the_role_of_spirituality_in_mental_health_and_resilience

- *Spiritual Fitness and Resilience: A Review of Relevant Constructs, Measures, and Links to Well-Being:*

<https://www.rand.org/pubs/periodicals/health-quarterly/issues/v3/n4/08.html>

- Review literature explaining the connection between meditative practice and spirituality.

Unite through Activity

- Develop your spiritual connection to self and others through yoga. Invite a certified yoga instructor into the workspace to facilitate a group session.



BRIDGECHAT DISCUSSION GUIDE

JANUARY 2023

SPIRITUALITY FOR RESILIENCE

Life can bring joy, incredible experiences, and opportunities, as well as stress and hardship. The ability to withstand and “bounce back” from life’s obstacles is resilience, and there is a solid foundation of scientific literature indicating that a strong spiritual core (which may be described as a sense of connection—to self, others, the world, the transcendent—that provides purpose and meaning to a person’s life) bolsters individual resilience.

Research shows that, when spiritual capacities are engaged within an individual, the brain is structurally healthier and better connected, resulting in “psychological benefits that include less depression, anxiety, and substance abuse; and more positive psychological traits such as grit, resilience, optimism, tenacity, and creativity.”¹

WATCH...

Ch, Maj Hahm discusses the importance of spiritual fitness, for well-being and resilience:

<https://www.dvidshub.net/video/772260/spirituality> (1:40)



DISCUSS...

1. What does “spirituality” mean to you?
2. What is the difference between spirituality and religiosity?
3. What correlations do you believe may exist between spirituality and resilience/well-being?
4. Why is diversity and inclusion an important factor to fostering spirituality?
5. How can you encourage strong personal spirituality?



One-Minute Breath Meditation (Connection to Self): Notice your breath and the sensation of the air into and out of your nostrils and your body, the rise, and fall of your chest and abdomen. Breath as you normally do, but with awareness. Begin counting your breath—each breath in and out is 1. Count to 10.

Expressing Appreciation (Connection to Others): Sit comfortably, become aware of your breathing, allow your body to rest. Think of someone you appreciate and consider their good qualities and how they’ve impacted your life. Be aware of how reflecting about this person affects your mind and body. Share your appreciation verbally with this person.

Spiritual strength is an integral part of leadership. [It] is what drives us to make sacrifices for others, for our nation, and for the greater good. For some, a commitment to a specific religious faith is a source of that spiritual strength, but not for all. For some, it is their heritage and the experience of people within our human family. For others, it is the way they were touched as individuals by a family member's, teacher's, or leader's work of faith or charity.

- CSAF #17, Gen John P. Jumper



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



Air Combat Command INTEGRATED COMMUNITY SERVICES DIVISION

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	AIRMAN & FAMILY READINESS CENTER	MILITARY ONESOURCE/MILITARY FAMILY LIFE COUNSELOR (MFLC)	CHAPLAIN	CIVILIAN EMPLOYEE ASSISTANCE PROGRAM	MENTAL HEALTH (MH) CLINIC	EMERGENCY ROOM
CONTACT:	All	All	Military and Family Members	All (full confidentiality)	Civ/NAF	Military	All
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			
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.		IN THE PAST 3 MONTHS	

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