



Reminder
BE YOURSELF. People would rather follow someone that's real than always right.

Options

Close

NELLIS CHAPEL

NEWSLETTER

APPS

SHINE:
CALM ANXIETY



HABITBULL



WAY OF LIFE



Ways to Build Resiliency

In Al Siebert's best-selling book, *The Resiliency Advantage*, he writes that "highly resilient people are flexible, adapt to new circumstances quickly, and thrive in constant change."

- 1. Pump Up Your Positivity.** We need a 3-to-1 ratio of positive to negative experiences not just to build resilience, but also to thrive, be optimally productive and enjoy our lives.
- 2. Live to Learn.** Approach challenges and situations with "Learner Questions" - neutral, non-judgemental questions such as "What is useful here?" - "What are my available choices?" - as opposed to "Judger Questions" like "What's wrong?" or "Who's to blame?"
- 3. Open Your Heart.** Acts of kindness can be formally organized, like regularly volunteering in a soup kitchen. Or, they can be as simple as getting out there and finding people to smile at or speak an encouraging word to.
- 4. Hang on to Humor.** Laughing in the face of adversity can be profoundly pain relieving, for both the body and mind.
- 5. Take care of Yourself.** Good health and a regular routine of healthy habits are foundational to both mental and emotional resilience.

Watch this **TED TALK** on Grit: the power of passion and perseverance.

LET'S TALK

Communication Skills

When communicating, we must never be me-centered—we have to be you-centered

Before you communicate anything, answer these three questions:

- ☑ What do I want people to know?
- ☑ What do I want them to feel? (Emotions move people to action.)
- ☑ What do you want them to do? (If they can't define it, they can't do it.)

We're here for you!

Phone: 702-652-2950

Email: 99abw.hc@us.af.mil

Duty Hours: 0730-1630 (M-F)

After duty hours, call Command Post for the on-call chaplain at 702-652-2446

Resiliency Resource

Spouse Resiliency Toolkit – Web Application Storyboards
spouseert.wpengine.com



Resiliency Action Plan

You are more likely to change your behavior if you commit to taking action now. Write out your RAP.

STOP DOING

CONTINUE DOING

START DOING

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