



## Bridge Chat Overview and Importance

The key to gratitude is giving yourself time and space away from the hustle and bustle of life, even if only for a few moments, to remember the aspects of life that bring you a sense of happiness. Gratitude enables us to have a positive demeanor in the face of adversity, and lifts our minds from being submerged in negativity. As Airmen, you face challenges every day. Being grateful for the things you have is one way to keep yourself encouraged as you meet those challenges and engage with others in the process.

## Chat Reminders

- ▶ **Based on feedback from the field:** August 2019 resilience tactical pause feedback told us that our teammates overwhelmingly want continued, sustained and consistent opportunities to talk with their leaders.
- ▶ **Leaders have flexibility.** HQ ACC provides the topic, but the timing, delivery, and discussion questions are at the commander's discretion.
- ▶ **Cohesive teams built on trust and synergy are more effective**  
**Above all else...**  
**Demonstrate respect for human dignity**

## Grateful Professionals

**Bridge Chat Purpose:** Create cohesive, high-performing teams that foster trust and connection through flexible and consistent small group discussions; in direct response to overwhelming feedback from the CSAF 21's Resilience Tactical Pause.

## Getting the Conversation Started

**VIDEO:** Watch Maj. Christy Wise, USAFA graduate, and the first woman amputee in the U.S. Air Force share part of her story:

<https://www.facebook.com/AirForceGrads/videos/im-just-so-happy-to-be-alive/2023150271031031/>  
(5:56)

**"I'm just so happy to be alive. I value every day so much more."**

– Maj Christy Wise, USAF C-130 Pilot

## Related Resources

Gratitude is more than saying "thank you," and its impact is greater than we may think. In this article, Dr. Stephanie Grant (LCSW, 144th Fighter Wing) explains the physical, psychological and social benefits of practicing gratitude:

<https://www.144fw.ang.af.mil/News/Commentaries/Display/Article/2428495/the-benefits-of-gratitude/>

**"Appreciation can certainly take different forms than appreciation of others, as well. Appreciation of your circumstances and what you have in your life is another form that, when followed, can help you live a happier life."**

– Glenn S. Robertson, 90th Missile Wing Public Affairs

## Suggested Discussion Questions ▶

1. What are three things you are grateful for right now?
2. Do you practice gratitude in everyday life? How?
3. How can you encourage your fellow Airmen to practice gratitude in difficult moments?
4. Consider a day you remember feeling the weight of your stress. Would it have reduced your stress to take a few moments to remember people or things you're grateful for?
5. Do you agree that practicing gratitude helps us stay grounded and positive in the present? Why?