



## Bridge Chat Overview and Importance

The nature of our relationships is foundational to our mental and emotional health, and our health has a direct impact on our ability to perform. It is for that reason that being a healthy professional requires that the important relationships in your life are healthy as well. Since October is Domestic Violence Awareness Month, we are focusing on how to both ensure that we are healthy in our own relationships and to recognize when someone is a victim of domestic violence. To see or hear evidence of domestic violence, and fail to act, is to enable an unhealthy situation to continue.

## 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**

## Healthy Relationships

**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 this video from OneLove on the nature of unhealthy relationships: <https://vimeo.com/398516251> (3:32)

**"The DoD will never spare support for its people, and will protect the safety, health, and welfare of service members and their families, and civilian employees."**

– Lloyd J. Austin III, Secretary of Defense

## Related Resources

If you have reason to suspect someone you know is in a domestic violence situation, you must act for the health and safety of all involved. This resource outlines how to identify domestic violence, and how to respond as a member of the U.S. Air Force:

[https://www.resilience.af.mil/Portals/71/Documents/A.%20Prevention%20Documents/LeadersGuide\\_Domestic\\_Violence%2024July20.pdf](https://www.resilience.af.mil/Portals/71/Documents/A.%20Prevention%20Documents/LeadersGuide_Domestic_Violence%2024July20.pdf)

Military OneSource is committed to providing resources that help families create a safe environment for everyone.

Explore here: <https://www.militaryonesource.mil>

**"It's harder to connect with colleagues while working from home, or when interaction outside of work is discouraged because of the pandemic. That puts the onus on commanders to get to know their airmen so they can learn to ascertain how someone's day is going."**

– General Charles "CQ" Brown, CSAF

## Suggested Discussion Questions ▶

1. Consider your closest relationships. What aspects make them "healthy" relationships?
2. How do your relationships influence your mental and emotional state, and your ability to perform well at work?
3. How might the experience of domestic violence impact someone long-term?
4. Do you feel confident that you could identify a domestic violence situation?
5. Have you ever had to intervene in a domestic violence situation? What did you do?
6. Do you know where to go to receive the resources necessary to seek help for domestic violence?