



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



BRIDGECHAT

DISCUSSION GUIDE

DECEMBER 2024

GRATITUDE

The key to gratitude is giving yourself time and space away from the demands and pressures of life, even if only for a few moments, to remember the aspects of life that bring you joy. Gratitude helps maintain a positive demeanor in adversity and lifts our minds from negativity. As Airmen, you face daily challenges. Being grateful for what you have can keep you encouraged as you meet these challenges and engage with others.

Gratitude is more than a fleeting feeling; it's a practice that transforms your outlook on life. Regularly reflecting on what you're thankful for can enhance your resilience, improve relationships, and increase well-being. Whether it's appreciating colleagues' support, a beautiful sunrise, or small victories, acknowledging these positives can significantly impact your mental and emotional health.

During the holiday season, the spirit of gratitude becomes even more significant. This time of year, is ideal for expressing gratitude for the people in our lives, the experiences we've had, and the opportunities ahead. The holidays remind us to slow down and appreciate the present moment, encouraging connection and joy.

Consider starting new traditions that emphasize gratitude, such as keeping a gratitude journal, sharing what you're thankful for at family meals, or volunteering. These practices enhance your well-being and spread positivity to those around you, making the holidays even more special.

For those struggling, finding gratitude can be challenging but powerful. Here are some ways to cultivate gratitude during hardship:

- 1. Focus on Small Positives:** Recognize and appreciate small comforts or joys.
- 2. Reflect on Past Resilience:** Remember previous challenges you've overcome.
- 3. Practice Mindfulness:** Stay present and reduce stress through mindfulness.
- 4. Seek Support:** Connect with others for emotional support.
- 5. Keep a Gratitude Journal:** Write down things you're grateful for each day.
- 6. Volunteer or Help Others:** Helping others can provide purpose and perspective.
- 7. Accept and Acknowledge Your Feelings:** Allow yourself to feel your emotions and gently guide your thoughts towards gratitude.

During the holidays, these practices can be particularly meaningful, providing opportunities to find gratitude even in hardship. Remember, gratitude is about finding moments of light in the darkness.

WATCH...

Quick Tips to Resiliency: Gratitude [2:49]

<https://www.dvidshub.net/video/774524/quick-tips-resiliency-gratitude>

U.S. Air Force Chaplain Scott Foust, 23rd Wing chaplain, talks to us about ways to give thanks and how it can change your perspective of your situation. [1:39]

<https://www.dvidshub.net/video/866681/chaplain-foust>

DISCUSS...

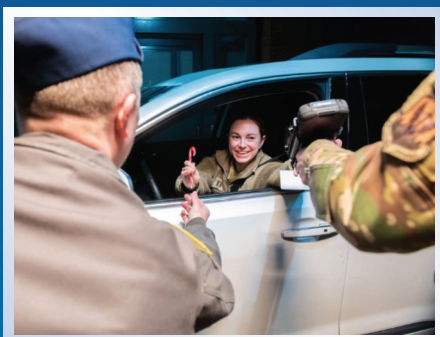
1. What are three things you are grateful for right now?
2. Do you practice gratitude in everyday life? How?
3. How can you encourage your fellow Airmen to practice gratitude in difficult moments?
4. Consider a day you remember feeling the weight of your stress. Would it have reduced your stress to take 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?



Moody AFB, local community brighten veterans' holiday



Davis Monthan AFB Group Hosts Family Appreciation Day



Grand Forks AFB celebrates 348th Julian Day



www.acc.af.mil/About-Us/The-Bridge/



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