



# AMC: We Care...We Connect

## Topic: Wellness

### GOAL: To foster an environment that promotes overall health

#### FACILITATOR NOTES:

##### Tools to Prepare Yourself

1. Visit the websites below to read more about wellness:  
  
<https://www.militaryonesource.mil>  
  
<https://magellanascend.com/>
2. Read and Discuss: "What is Wellness?" by the Global Wellness Institute.  
  
<https://globalwellnessinstitute.org/what-is-wellness/>
3. Consider: Share a way that you practice wellness in your life.

##### THE EXTRA MILE: Additional Resources

1. Visit the AFPC Spouse Resilience Toolkit Physical Resilience Module (this is not just for spouses!).  
<https://www.afpc.af.mil/Airman-and-Family/Spouse-Resilience/>
2. Reach out to your MRT/RTA to facilitate a conversation about Values-Based Goals and/or Physical Resilience.
3. Have your Employee Assistance Program (EAP) or your Military Family Life Counselor (MFLC) come out to teach a class on managing stress.

#### FRAMING THE CONVERSATION

The Air Force utilizes the framework of Comprehensive Airman Fitness (CAF) to support the wellbeing of our personnel by focusing on 4 primary domains: social, mental, physical and spiritual wellness. This is a holistic framework for how we view and maintain fitness and represents more than a static state of being (i.e. being happy, being healthy), but an active process of making choices on a daily basis that impact our overall health and wellbeing.

Finding opportunities to enhance wellness in the workplace is one way to invest in your people. If you place emphasis on the overall health of your Airmen by fostering a supportive environment, employees will be more productive because they feel valued.

This month, take time to find out what your team is interested in by talking to a variety of groups (i.e. junior/senior civilians, junior/senior enlisted and officers, Key Spouses, Family members, non-traditional leaders). Evaluate how you are currently supporting your Airmen and their families and make it a goal to offer consistent opportunities for wellness.

#### SUGGESTED DISCUSSION POINTS:

1. What does wellness mean to you?
2. What do you do to support your own wellness?
3. How can you support your co-workers wellness?

#### MISSION CHALLENGE: HOW TO APPLY THE LESSON

##### Additional Challenges

- Block out an hour during the work week for your members to focus on their wellness outside of the work center and/or provide an opportunity for members to share their self-care.
- Schedule a squadron/unit Wellness day
- Utilize your local Health Promotion POC or explore CHPS at <https://www.usafwellness.com> for a plethora of resources, food/exercise tips, and healthy recipes.

AMC: We Care...We Connect is a resource to encourage open and genuine small group discussions at all levels within your unit based on the values and culture represented by the United States Air Force. This resource is meant to supplement concepts learned in traditional formalized training and allows for increased engagement between Airmen.