



Resilience

Presented by

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Overview



- What is Resilience
- How to be resilient
- Where to seek help/support if needed

Definition



Resilience is defined as the ability to grow and thrive in the face of challenges and to bounce back from adversity.

Resilience Feeds Itself



How Can We Be Resilient?



- Cultivate a support system
- Talk with other who are supportive
- Have fun!
- Help build positive and meaningful interactions among people
- Help increase individuals' sense of purpose, meaning, and belonging

Care, Commit, Communicate, and Celebrate



- Promote both individual and organizational resilience
- Create a sense of belonging among Airmen, spouses, children, civilians, and the community as a whole

Loss of Resiliency



- Weight gain or loss
- Fitness test failures
- Romantic relationship crises
- Depression
- Mood changes
- At the extreme, suicide

What to Do



- Act on the issue
- Pay attention to warning signs
- Changes in habits, altered mannerisms, insomnia, or an inability to accomplish simple tasks are all indicators demanding action
- Do not wait for things to get better, be proactive

What to Do (cont.)



- Often all that is needed is a break, a breather, or just a chance to recharge
- Add built-in relaxation time to your weekly schedule
- Do an activity that allows you to work off some stress
- Some folks really thrive on a workout routine which also helps address fitness requirements

Seek Help



- Get help when necessary
- Say something if an Airman or unit is obviously not functioning well
- Get actively involved—Remember, being a wingman is not an option
- Being a wingman is not a job for the weak at-heart

Where to Seek Help



- Airman & Family Readiness Office: 716-236-3411
- Chaplains Office: Office: 716-236-2395
- Commander/Supervisor
- Veterans' Crisis Line, 24/7 800-273-TALK (8255), option 1
- Director of Psychological Health BB: 716-534-4209
- Military & Family Life Consultant
- Physician
- VA/Vet Center 716-862-7350
- [National Suicide Prevention Hotline](https://www.nationalsuicidepreventionhelpline.com) [800-273-TALK\(8255\)](https://www.nationalsuicidepreventionhelpline.com)
- www.MilitaryOneSource.com 800-342-9647 (24/7)
- www.WingmanProject.org

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