



PreDeployment Brief – Resiliency

There are many different perspectives on upcoming deployment including excitement, worry, sadness, maturity, leadership, appreciation, and opportunity for personal growth by developing professional skills.

What is your mission, as a group and personally? What do you personally bring to it?

Focus on the mission. How well is your family prepared to function on their own? With frequent and relatively easy telecomm access back and forth from home, how will home stresses affect you?

Resiliency – the ability to grow and thrive in the face of challenges and to bounce back from adversity.

The UPenn model incorporates six factors:

- **Self Awareness** – the ability to scan oneself regarding: their choices, current thoughts and/or feelings, and environment (physical and/or social)
- **Self Regulation** – adequate sleep, nutrition, exercise, spirituality, breath control (teaching breath control; mention Tactical Breather app, and other ways or tools to practice breathing)
- **Mental Agility** – visualization, attention
- **Strength of Character** – the opportunity to examine and cultivate personal values
 - What is important to me?
 - How do I want to be known?
- **Connection** - essential to stay connected with work groups, wingmen, family, and friends as able
 - Communicate respect
 - “Belongingness” is protective—are there ways you may be excluding others?
- **Optimism** – How a person explains an event to themselves, explaining is as transient vs. permanent (this too shall pass vs. this will never change), limited effect vs. pervasive effect (I sometimes make mistakes vs. I never to anything right), external reason vs. internal blame (that’s a difficult street to find vs. I always miss that turn).
 - What is your attitude in general?
 - Do you believe in yourself/your abilities?
 - Attitudes develop through habit, how you choose to focus your thinking.
 - If working 12 hours or more a day, how do you respond?

Resources

While You’re Here

Airman & Family Readiness

Veterans’ Crisis Line, 24/7

800-273-TALK (8255), opt 1

Director of Psychological Health

Military & Family Life Consultant

Physician

VA/Vet Center

Here or There

Chaplains

Commander/Supervisor/First Sergeant

www.MilitaryOneSource.com

800-342-9647 (24/7)

www.WingmanProject.org