

# ***Headquarters U. S. Air Force***

---

*Integrity - Service - Excellence*



***Wingman Day***  
***Four Pillars of Wellbeing***

**U.S. AIR FORCE**

---



# *Agenda*

**U.S. AIR FORCE**

---

- **Definition of Resilience**
- **Universal Truths**
- **Comprehensive Airman Fitness**
- **Small Groups**
- **Wellness Domains**
  - **Physical**
  - **Mental**
  - **Spiritual**
  - **Social**



**U.S. AIR FORCE**

# *Resilience*

- ***Resilience:*** “Is the ability to withstand, recover and/or grow in the face of stressors and changing demands.”

■ **Source: Defense Center of Excellence**

Resilience is a preventative, strength-based approach to maximize a person’s performance and give them the ability to traverse life’s challenges using positive adaptation and avoid counter-productive coping



# ***Resilience Universal Truths***

**U.S. AIR FORCE**

---

- **Can be learned**
- **Most effective in small groups/peer-to-peer setting**
- **Must be habitualized in everyday routines**
- **Resilience is a mindset coupled with the tools to overcome adversity**
  - **Not a program or set of services, resilience is a culture fostered through caring, small groups interactions with high expectations of performance of its members**



# *Comprehensive Airman Fitness*

**U.S. AIR FORCE**

---

- **Targeted and tiered training throughout the entire Air Force career**
- **Active Duty, Reserve and Guard members, civilians and all family members**
- **Leadership Toolkit on-line resource containing information, best practices and small group activities**
- **On-line self-assessments providing anonymous feedback on wellbeing**



# *Small Groups*

**U.S. AIR FORCE**

---

- **Key to building resilience is the small group setting**
  - **Ideally peer-to-peer; establishes trust to connect and be challenged**
- **Caring – people in the group are genuinely concerned about the wellbeing of the members**
- **High expectations – members want themselves/others to be the best they can and challenge them to grow**
- **Contributions – members given opportunities to participant in ways that positively impact other members and overarching goals of the group**

\* Source Benard 2004



# *Wellness Domains*

**U.S. AIR FORCE**

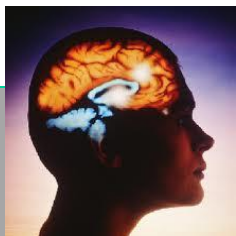
---

- **Wellness Domains are those areas of a person's life which capture the totality of how they experience and relate to others and themselves**
  - **Mental – Optimism, introspection and creative problem solving to overcome obstacles and maintain positive emotions and behaviors**
  - **Physical – Endurance, mobility, strength and flexibility enhanced through exercise, nutrition, energy management and restoration to excel in all tasks in any environment**
  - **Social – Creating and sustaining meaningful work, friend, family and community relationships which cultivate cohesion and support**
  - **Spiritual – Set of beliefs, principles, or values that sustain an individual's sense of well-being and purpose**



# A Few Things From Each Domain

U.S. AIR FORCE



## MENTAL

- \*SELF ESTEEM
- \*TAKE BREAKS
- \*RELAX
- \*DON'T STRESS

## PHYSICAL

- \*EAT WELL
- \*ADEQUATE REST
- \*EXERCISE



## SOCIAL

- \*TALK TO FAMILY/FRIENDS
- \*SOCIAL SUPPORT GROUPS
- \*GET INVOLVED
- \*BE A WINGMAN!

## SPIRITUAL

- \*SENSE OF PURPOSE
- \*WHAT DRIVES YOU?

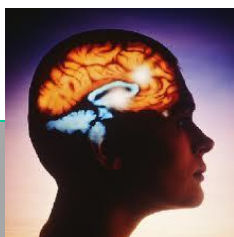






**U.S. AIR FORCE**

# *Mental Domain*



What comes to mind when  
you hear  
“Mental Fitness?”

**MENTAL**

- \*SELF ESTEEM
- \*TAKE BREAKS
- \*RELAX
- \*DON'T STRESS



**U.S. AIR FORCE**

---

# ***Mental Fitness***

***The Air Force defines Mental Fitness as  
optimism, introspection and creative  
problem solving to overcome obstacles  
and maintain positive emotions and  
behaviors***

---

*Integrity - Service - Excellence*



# *Mental Fitness*

**U.S. AIR FORCE**

---

## ■ **Mental Fitness includes:**

- **Awareness**
- **Meta-cognition**
- **Regulation**
- **Network**
- **Hope/Optimism**
- **Communication**

---

*Integrity - Service - Excellence*



# ***Mental Fitness***

**U.S. AIR FORCE**

---

- **Suggested small group activities include discussions on the six attributes listed**
  - **Think of a situation where you or someone you know didn't act appropriate for the situation.**
  - **Out of the six items listed in the last slide, what was missing or what was out of alignment?**
  - **What could have been done differently? By you? By the others involved?**



**U.S. AIR FORCE**

# *Physical Domain*



**PHYSICAL**

- \*EAT WELL
- \*ADEQUATE  
REST
- \*EXERCISE

What comes to mind when  
you hear  
“Physical Fitness?”



**U.S. AIR FORCE**

---

# ***Physical Fitness***

***The Air Force defines Physical Fitness as  
endurance, mobility, strength and  
flexibility enhanced through exercise,  
nutrition, energy management and  
restoration to excel in all tasks in any  
environment***

---

*Integrity - Service - Excellence*



# *Physical Fitness*

**U.S. AIR FORCE**

---

- **Physical Fitness includes:**
  - **Quantity, quality and frequency of what you eat and drink**
  - **Quantity, quality and frequency of strength and endurance exercise**
  - **Quantity, quality and frequency of sleep and rest for recovery**
  - **Effects of the environment (noise, altitude, temperature, etc)**
  - **Medical access, immunizations, dental care**



# *Physical Fitness*

**U.S. AIR FORCE**

---

- **Suggested small group activities to increase wellbeing in physical fitness have these attributes:**
  - **Have an overarching goal, something everyone in the group wants to achieve**
  - **Have interdependent tasks, for the group to succeed everyone contributes**
  - **Have the opportunity to learn about each other**
  - **Challenge each member of the group**





**U.S. AIR FORCE**

# ***Social Domain***



## **SOCIAL**

- \*TALK TO FAMILY/FRIENDS
- \*SOCIAL SUPPORT GROUPS
- \*GET INVOLVED
- \*BE A WINGMAN!

What comes to mind when  
you hear  
“Social Fitness?”



**U.S. AIR FORCE**

---

# ***Social Fitness***

***The Air Force defines Social Fitness as  
creating and sustaining meaningful work,  
friend, family and community  
relationships which cultivate cohesion  
and support***

---

*Integrity - Service - Excellence*



# ***Social Fitness***

**U.S. AIR FORCE**

---

- **Social Fitness includes:**
  - **Family members**
    - **Nuclear – siblings, parents, children, spouse**
    - **Extended – aunts, uncles, cousins, grandparents**
  - **Peers – people you work with or are friends with outside of work**
  - **Neighbors – People you live near**



# ***Social Fitness***

**U.S. AIR FORCE**

---

- **Some relationships are intimate (you tell you best friend or spouse everything)**
- **Other relationships are specific (you only tell your financial advisor about your money, nothing else)**
- **Most relationships are in between and people need a variety of types of relationships**



# ***Social Fitness***

**U.S. AIR FORCE**

---

- **Suggested activities to enhance social wellbeing have these characteristics:**
    - **Relaxed, non-work setting**
    - **Genuinely caring about a person's life outside of their work contributions**
    - **Includes significant others such as best friends, dating partners or extended family for single airmen and family members for married airmen**
    - **Creates memories and fosters camaraderie**
-



**U.S. AIR FORCE**

# *Spiritual Domain*



**SPIRITUAL**

\*SENSE OF  
PURPOSE  
\*WHAT DRIVES  
YOU?

What comes to mind when  
you hear  
“Spiritual Fitness?”



**U.S. AIR FORCE**

---

# ***Spiritual Fitness***

***The Air Force defines Spiritual Fitness as strengthening a set of beliefs, principles, or values that sustain an individual's sense of well-being and purpose***



---

*Integrity - Service - Excellence*



# *Spiritual Fitness*

**U.S. AIR FORCE**

---

## ■ **Spiritual Fitness includes:**

- **Belief Systems**
- **Worldviews**
- **Sense of Purpose**
- **Sense of Connectedness**
- **Values**
- **Ethics**
- **Morals**







# *Spiritual Fitness*

**U.S. AIR FORCE**

---

- **Spiritual fitness is about sense of purpose and meaning in your life.**
- **Spiritual fitness is about strengthening the set of beliefs, principles, or values that give you a sense of well-being, hope, and the will to keep going.**
- **Spiritual fitness is key to an individual just as esprit de corps is vital to a squadron, group, or wing.**

---

*Integrity - Service - Excellence*



**U.S. AIR FORCE**

---

# *Spiritual Fitness*



**What are some ways that  
YOU  
practice Spiritual Fitness?**



---

*Integrity - Service - Excellence*