

**Air Force Resilience Training
First Term Airmen Course
Participant Guide**



RESILIENCE



**Air Force Resilience Training
Participant Guide**
Activity: *Getting to Know You*

The purpose of this exercise is to help us get to know each other a bit. Below is a list of common values. Which ones matter most to you? Which ones do you use to guide your choices? Circle 2-3 values most important to you.

- | | | |
|----------------|-----------------|-------------------|
| Adventure | Family | Love |
| Challenge | Freedom | Loyalty |
| Collaboration | Friendship | Meaningful Work |
| Commitment | Fun | Mindfulness |
| Community | Generosity | Openness |
| Compassion | Gratitude | Personal Growth |
| Courage | Happiness | Problem Solving |
| Curiosity | Hard Work | Reliability |
| Creativity | Harmony | Resourcefulness |
| Discipline | Health | Self-Reliance |
| Discovery | Helping Others | Simplicity/Thrift |
| Efficiency | Honesty | Strength |
| Enthusiasm | Humor | Tradition |
| Environment | Independence | Trust |
| Equality | Innovation | Willingness |
| Excellence | Integrity | Wisdom |
| Fairness | Interdependence | |
| Faith/Religion | Leadership | |



Air Force Resilience Training
Participant Guide
Activity: **Getting to Know You**

Next, look at the values you selected as most important to you. Think about a time those values were most important to you. In a few sentences, describe why these values are important.

Don't worry about spelling, grammar, or how well written it is!



Air Force Resilience Training
 Participant Guide
 Activity: **Gratitude: Look for the Good**

Why Look for the Good?	How to use the skill
Paying attention to what is good in your life: <ul style="list-style-type: none"> • Builds optimism and positive emotions by paying attention to the good things • Helps you cope with daily hassles and stress • Improve social relationships 	Develop a regular (daily or weekly) gratitude practice that includes: <ul style="list-style-type: none"> • 2-3 recent things that went well or for which you grateful • A reflection on why you are grateful (such as why it is meaningful, or how others contributed)

Our focus is often on the things that went wrong—Looking for the Good is an opportunity to pay attention to the things that went right. Think about the day’s events and write down two to three things that went well or for which you are grateful. These good things could be events that happened, skills or strengths you were able to use, goals you achieved, or good news about people in your life. Reflect on each item. Why did it go well? How did you or other people contribute to the good thing? Why is it meaningful to you? Keep a list for the next 5 days, writing down 2-3 things and your reflection. At the end of this participant guide, there is a full gratitude journal to continue your practice.

Good Thing #1: _____

Reflection #1: _____

Good Thing #2: _____

Reflection #2: _____

Good Thing #3: _____

Reflection #3: _____



Air Force Resilience Training
Participant Guide

Skill: *Values-Based Goals: Best Possible Self*

Why Values-Based Goals?	How to use the skill
<p>Goals that are values-based are those that are <i>meaningful to you</i>. They:</p> <ul style="list-style-type: none"> • Provide a sense of purpose and meaning • Ensure you are pursuing YOUR goals, not the expectations of others • Promote a sense of accomplishment • Help us prioritize what is important • Allow us to find opportunities to lead a meaningful life 	<ol style="list-style-type: none"> 1) What values are reflected in Best Version of You? 2) Develop a plan to live those values... <ul style="list-style-type: none"> • Set immediate (24 hours), short-term (2 weeks), and long-term (3 months) goals • What obstacles may you face? How do you overcome those obstacles? • Share your goal and action plan with a partner

Best Possible Self

Imagine your life in the future.

- What is the best possible life you can imagine?
- What do you stand for?
- What does that future look like? **Be specific.**
- Think about the life you want to 'live' and who you want to be, not what you want to have. Don't focus on material things.

Don't worry about grammar or spelling and just keep writing for at least five minutes



Chart Your Course

Think about your vision of the best possible self. What values are reflected in your description? If needed, refer to the Getting to Know you activity to see a list of values, but feel free to add your own if you need to.

What values are you living in your best possible self?

Now, let's set some goals based on those values. Be specific. Develop a plan to live those values. What will you do to the best version of you:

In the next 24 hours?	
In the next 2-3 weeks?	
In the next 3 months?	



Are there any obstacles that may interfere with your goals? What strategies will you use to overcome them?

Internal obstacles (my own thoughts and beliefs)

Obstacles	Strategy to overcome obstacles

External obstacles (e.g., time, other conflicts, etc.)

Obstacles	Strategy to overcome obstacles

Finally, share your goals and plan to overcome obstacles with a partner. Commit to your goals!



Air Force Resilience Training
Participant Guide
Activity: **Bring Your Strengths:**
Identify Your Strengths

Why Bring Your Strengths?	How to use the skill
<p>Using your strengths improves your engagement and sense of purpose. Using strengths also energizes you and boosts performance.</p>	<ul style="list-style-type: none"> • Identify your strengths—what are you naturally good at? • Find new ways to develop and use your strengths. How can you find new opportunities to use your strengths? <ul style="list-style-type: none"> ○ In your career? ○ In your personal life?

The strengths below are drawn from a standardized assessment of strengths (the VIA—Values in Action). Check your top five strengths, or add your own.

- | | |
|---|--|
| <input type="checkbox"/> Appreciation of Beauty & Excellence | <input type="checkbox"/> Love of learning |
| <input type="checkbox"/> Bravery | <input type="checkbox"/> Perseverance/Grit |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Perspective/Wisdom |
| <input type="checkbox"/> Curiosity | <input type="checkbox"/> Prudence/Caution |
| <input type="checkbox"/> Fairness | <input type="checkbox"/> Self-Regulation |
| <input type="checkbox"/> Forgiveness | <input type="checkbox"/> Social intelligence |
| <input type="checkbox"/> Gratitude. | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Honesty | <input type="checkbox"/> Teamwork |
| <input type="checkbox"/> Hope | <input type="checkbox"/> Zest/Energy/Adventure |
| <input type="checkbox"/> Humility/Modesty | <input type="checkbox"/> Other (describe) _____ |
| <input type="checkbox"/> Humor | <input type="checkbox"/> Other (describe) _____ |
| <input type="checkbox"/> Judgment | <input type="checkbox"/> Other (describe) _____ |
| <input type="checkbox"/> Kindness | <input type="checkbox"/> Other (describe) _____ |
| <input type="checkbox"/> Leadership | |
| <input type="checkbox"/> Love/Caring of others | |



Air Force Resilience Training
Participant Guide
Activity: ***Bring Your Strengths: Find
New Ways to Use Your Strengths***

Find New Opportunities to Use Your Strengths

In this activity, we want you to find new ways to use your Strengths. Think about the 4-5 Strengths you identified. How can you use that strength in your AFSC? How can you use your strengths to contribute to your unit's mission?

How can you use your Strengths to your personal life or to overcome a challenge you are facing?



Air Force Resilience Training
Participant Guide
Activity: *ReFrame-Control How You React*

Why ReFrame?	How to use the skill
ReFrame helps you control how you act. This skill: <ul style="list-style-type: none"> • Helps you be more aware that how you think about an event drives your reaction • Helps you understand the difference between your thoughts and your emotional and physical reactions • Improves your performance • Helps you act based on your values • Strengthens your relationships 	<ol style="list-style-type: none"> 1) Objectively describe the event 2) Identify your thoughts—how you are thinking about that event—and your emotional and r 3) Find new ways to develop and use your strengths. How can you find new opportunities to use your strengths? <ol style="list-style-type: none"> a. In your career? b. In your personal life?

Step 1: Select an event in your life that you felt you didn't handle as effectively as you could have. Remember to be specific and objective and select only one event. Be brief—just 1-3 sentences.

Step 2: Record your thoughts about the event and your reactions to those thoughts (both physical and emotional). Be sure to focus on what you were thinking (or could have thought) at the time of the event—don't censor them.

Thoughts about the Event	Reactions	
	Emotional Reactions	
	Physical Reactions/Behaviors	
	Emotional Reactions	
	Physical Reactions/Behaviors	
	Emotional Reactions	
	Physical Reactions/Behaviors	

Step 3: Did your emotional or physical reactions interfere with your performance, goals, or values? If so, how can you reframe the event?



Air Force Resilience Training
 Participant Guide
 Activity: *Balance Your Thinking: Prepare*

Why Balance Your Thinking?	How to use the skill
Balance Your Thinking helps you see situations accurately and take action based on evidence. This skill: <ul style="list-style-type: none"> • Helps you respond in ways that align with your values and support your goals • Improves performance because we are reacting to facts and evidence. 	1) Determine if you have all the evidence you need to understand the situation. Are your thoughts accurate? Are you in a trap? 2) Use three strategies to Balance Your Thinking: <ul style="list-style-type: none"> ○ Examine the Evidence (for and against the thought) ○ Check for a double standard ○ Phone-a-friend or ask the person involved

Step 1: Select an event in your life that you felt you didn't handle as effectively as you could have. Remember to be specific and objective and select only one event. Be brief—just 1-3 sentences.

Step 2: Record your thoughts about the event and your reactions to those thoughts (both physical and emotional). Be sure to focus on what you were thinking (or could have thought) at the time of the event—don't censor them.

Thoughts about the Event	Reactions	
	Emotional Reactions	
	Physical Reactions/Behaviors	
	Emotional Reactions	
	Physical Reactions/Behaviors	
	Emotional Reactions	
	Physical Reactions/Behaviors	



Air Force Resilience Training
Participant Guide
Activity: ***Balance Your Thinking:***
Check Your Accuracy

Step 3: Select a thought that resulted in an unhelpful reaction. Then

Examine the evidence: Is there any evidence to support this thought? Is there any evidence to disprove this thought? Are you missing any information?

Evidence for?	Evidence against?

Check for a Double-standard: Would I judge other people harshly if they did the same thing?

Phone-a-friend: Find out if someone you trust agrees with your thoughts. Seek an unbiased person.

Or

What might you ask the individual involved to gather more information?

Step 4: Consider this question: Do you need to ReFrame your thoughts based on the new evidence?



Air Force Resilience Training
 Participant Guide
 Activity: ***Celebrate Good News***

Why Celebrate Good News?	How to use the skill
<ul style="list-style-type: none"> • Celebrating Good News will: <ul style="list-style-type: none"> ○ Strengthen and maintain important relationships 	<p>When someone shares good news, help them celebrate by:</p> <ul style="list-style-type: none"> • Asking questions • Being authentic and engaged • Showing enthusiasm, support, and interest <p>Avoid:</p> <ul style="list-style-type: none"> • Squashing • Shutting down or being disengaged • Stealing

How have you responded to good news?

We often use strategies that deflate good news with those we care about most. In the past few weeks, think about some times that people shared good news with you? How did you respond?

- **Squash:** Points out problems or provides negative feedback
- **Shut down:** Brings low energy, a quiet response, or doesn't care that much (or is distracted) "That's nice"
- **Steal:** Focuses is on yourself and takes over the conversation; ignores the person's event.
- **Savor and Celebrate:** Asks questions; shows enthusiastic support and engagement, authentic



Air Force Resilience Training
Participant Guide
Activity: **Mindfulness: Formal**
Mindfulness Practices

Why Mindfulness?	How to use the skill
<ul style="list-style-type: none"> • Mindfulness will: <ul style="list-style-type: none"> ○ Help you stay present and engaged ○ Improve focus and the ability to focus on what is important ○ Help you stay calm so you can take action during stressful times 	<ul style="list-style-type: none"> • Practice mindfulness everyday by focusing on one thing, with purpose • Find a formal mindfulness practice to help you turn off autopilot—focus on three things around you or your breathing • When you have trouble focusing or are feeling stressed: <ul style="list-style-type: none"> ○ Pause. Count three deep breaths ○ Observe your thoughts and feeling, without judging them ○ Ask: What is most important right now? ○ Then, once you feel calmer, take purposeful action

Below, are three options for a formal mindfulness practice. These exercises will help you practice focusing on one thing, with purpose. It will also help you turn off autopilot so you can stay engaged.

Practice 1: Mindful Grounding

1. Take three deep breaths—observe what your body does and how it feels
2. Now focus on things around you:
 - What are three things you can see around you?
 - What are three things you can hear around you?
 - What are three things you can feel in contact with your body?
3. If you lose focus, just bring your attention back to the present

Practice 2: Mindful Walking

1. Start walking at a steady pace, *slightly* slower than your usual walk.
 - With each step, notice the lifting and falling of your feet, the movement in your legs, and how your body moves
 - Notice how it feels when your feet touch the ground again.
 - Continue to have situational awareness around you, but keep your focus on the physical sensation of taking each step.
2. Notice when your attention wanders, and re-focus on your walking.

Practice 3: Mindful Breathing

1. Focus on your breathing—observe what your body does and how it feels
2. Notice when your attention wanders
3. Don't judge any thoughts or be too hard on yourself if your mind wanders. Just bring your attention back to the present



Air Force Resilience Training
Participant Guide
Activity: ***Mindfulness in the Moment***

Think about something that makes you feel stressed out or worried, such as taking your PT test or running late for work. Or, think about something that you've been avoiding, like checking your credit card balance or having a difficult conversation with someone. Below, try some mindfulness in the moment.

Describe the event or situation that is causing some stress.

Step 1: First, pause and count three deep breaths.

Step 2: Now, observe your thoughts and feelings without judging. What are you thinking or feeling about that event?

Step 3: What is most important right now?

Step 4: What is a specific, purposeful action can you take?



Air Force Resilience Training
 Participant Guide
 Activity: *Physical Resilience: Sleep Diary*¹

Keep a sleep diary to see if there are any patterns or practices that are helping or hurting your sleep. Track your sleep habits (caffeine consumption, pre-bedtime activity, alcohol use, etc.) and how they relate to your ability to stay focused or your mood during the day.

Day 1 Date: _____

Time you went to Bed: _____ Time you got out of bed: _____

Last night, I slept a total of: _____ hours

Did you wake up during the night? No Yes If yes, how many times? _____

When I woke up in the morning, I felt Refreshed Somewhat refreshed Fatigued

Did you consume caffeine in the:
 Morning Afternoon Within several hours before going to bed Not applicable

Did you exercise at least 20 minutes in the:
 Morning Afternoon Within several hours before going to bed Not applicable

Two to three hours before going to bed, I consumed:
 Alcohol A heavy meal Neither

During the day after this sleep:
 a) I had difficulty focusing: No Yes
 b) I had mood swings or an unpleasant mood: No Yes

About 1 hour before going to sleep, I did the following activities: _____

¹ Adapted from the National Sleep Foundation’s Sleep Diary. Full diary available at: <https://www.sleepfoundation.org/sites/default/files/inline-files/SleepDiaryv6.pdf>



Air Force Resilience Training
Participant Guide
Activity: *Physical Resilience: Sleep Diary*

Day 2 Date:

Time you went to Bed: _____ Time you got out of bed: _____

Last night, I slept a total of: _____ hours

Did you wake up during the night? No Yes If yes, how many times? _____

When I woke up in the morning, I felt Refreshed Somewhat refreshed Fatigued

Did you consume caffeine in the:

Morning Afternoon Within several hours before going to bed Not applicable

Did you exercise at least 20 minutes in the:

Morning Afternoon Within several hours before going to bed Not applicable

Two to three hours before going to bed, I consumed:

Alcohol A heavy meal Neither

During the day after this sleep:

a) I had difficulty focusing: No Yes

b) I had mood swings or an unpleasant mood: No Yes

About 1 hour before going to sleep, I did the following activities: _____



Air Force Resilience Training
Participant Guide
Activity: *Physical Resilience: Sleep Diary*

Day 3 Date:

Time you went to Bed: _____ Time you got out of bed: _____

Last night, I slept a total of: _____ hours

Did you wake up during the night? No Yes If yes, how many times? _____

When I woke up in the morning, I felt Refreshed Somewhat refreshed Fatigued

Did you consume caffeine in the:

Morning Afternoon Within several hours before going to bed Not applicable

Did you exercise at least 20 minutes in the:

Morning Afternoon Within several hours before going to bed Not applicable

Two to three hours before going to bed, I consumed:

Alcohol A heavy meal Neither

During the day after this sleep:

a) I had difficulty focusing: No Yes

b) I had mood swings or an unpleasant mood: No Yes

About 1 hour before going to sleep, I did the following activities: _____



Air Force Resilience Training
Participant Guide
Activity: *Physical Resilience: Sleep Diary*

Day 4 Date:

Time you went to Bed: _____ Time you got out of bed: _____

Last night, I slept a total of: _____ hours

Did you wake up during the night? No Yes If yes, how many times? _____

When I woke up in the morning, I felt Refreshed Somewhat refreshed Fatigued

Did you consume caffeine in the:

Morning Afternoon Within several hours before going to bed Not applicable

Did you exercise at least 20 minutes in the:

Morning Afternoon Within several hours before going to bed Not applicable

Two to three hours before going to bed, I consumed:

Alcohol A heavy meal Neither

During the day after this sleep:

a) I had difficulty focusing: No Yes

b) I had mood swings or an unpleasant mood: No Yes

About 1 hour before going to sleep, I did the following activities: _____



Air Force Resilience Training
Participant Guide
Activity: *Physical Resilience: Sleep Diary*

Day 5 Date:

Time you went to Bed: _____ Time you got out of bed: _____

Last night, I slept a total of: _____ hours

Did you wake up during the night? No Yes If yes, how many times? _____

When I woke up in the morning, I felt Refreshed Somewhat refreshed Fatigued

Did you consume caffeine in the:

Morning Afternoon Within several hours before going to bed Not applicable

Did you exercise at least 20 minutes in the:

Morning Afternoon Within several hours before going to bed Not applicable

Two to three hours before going to bed, I consumed:

Alcohol A heavy meal Neither

During the day after this sleep:

a) I had difficulty focusing: No Yes

b) I had mood swings or an unpleasant mood: No Yes

About 1 hour before going to sleep, I did the following activities: _____



Air Force Resilience Training
Participant Guide
Activity: *Physical Resilience*

Why Physical Resilience?	How to use the skill
<ul style="list-style-type: none"> • Physical resilience: <ul style="list-style-type: none"> ○ Improves productivity and energy ○ Sharpens focus and attention ○ Enhances mood 	<ul style="list-style-type: none"> • Improve physical resilience by: <ul style="list-style-type: none"> ○ Creating strong sleep habits ○ Set values-based goals for your physical resilience <ul style="list-style-type: none"> ▪ What aspect of your physical resilience do you want to strengthen? Why is that important to you? ▪ What will you do in the next 24 hours? Two weeks? Three months? ▪ What obstacles will you encounter? How will you overcome them? ▪ Revisit your goals as needed

Chart Your Course

What aspect of your physical resilience do you want to strengthen? Why is that important to you?
What value does it reflect?

Now, let's set some goals to help you live that value. Be specific. What will you do:

In the next 24 hours?	
In the next 2-3 weeks?	
In the next 3 months?	



Are there any obstacles that may interfere with your goals? What strategies will you use to overcome them?

Internal obstacles (my own thoughts and beliefs)

Obstacles	Strategy to overcome obstacles

External obstacles (e.g., time, other conflicts, etc.)

Obstacles	Strategy to overcome obstacles

Finally, share your goals and plan to overcome obstacles with a partner. Commit to your goals!



Air Force Resilience Training
Participant Guide
Activity: *Gratitude Journal*

Why Look for the Good?	How to use the skill
Paying attention to what is good in your life: <ul style="list-style-type: none"> • Builds optimism and positive emotions by paying attention to the good things • Helps you cope with daily hassles and stress • Improve social relationships 	Develop a regular (daily or weekly) gratitude practice that includes: <ul style="list-style-type: none"> • 2-3 recent things for which you grateful • A reflection on why you are grateful (such as why it is meaningful, or how others contributed)

Our focus is often on the things that went wrong—Looking for the Good is an opportunity to pay attention to the things that went right. Think about the day’s events and write down two to three things that happened for which you are grateful. These good things could be events that happened, skills or strengths you were able to use, goals you achieved, or good news about people in your life. Reflect on each item. Why did it go well? How did you or other people contribute to the good thing? Why is It meaningful to you? Keep a list for the next 5 days, writing down 2-3 things and your reflection.

Day 1:

Good Thing #1: _____

Reflection #1: _____

Good Thing #2: _____

Reflection #2: _____

Good Thing #3: _____

Reflection #3: _____



Air Force Resilience Training
Participant Guide
Activity: *Gratitude Journal*

Day 2:

Good Thing #1: _____

Reflection #1: _____

Good Thing #2: _____

Reflection #2: _____

Good Thing #3: _____

Reflection #3: _____



Air Force Resilience Training
Participant Guide
Activity: *Gratitude Journal*

Day 3:

Good Thing #1: _____

Reflection #1: _____

Good Thing #2: _____

Reflection #2: _____

Good Thing #3: _____

Reflection #3: _____



Air Force Resilience Training
Participant Guide
Activity: *Gratitude Journal*

Day 4:

Good Thing #1: _____

Reflection #1: _____

Good Thing #2: _____

Reflection #2: _____

Good Thing #3: _____

Reflection #3: _____



Air Force Resilience Training
Participant Guide
Activity: *Gratitude Journal*

Day 5:

Good Thing #1: _____

Reflection #1: _____

Good Thing #2: _____

Reflection #2: _____

Good Thing #3: _____

Reflection #3: _____
