



DEPARTMENT OF THE AIR FORCE
OFFICE OF THE CHIEF OF STAFF
UNITED STATES AIR FORCE
WASHINGTON DC 20330



SEP 23 2022

Airmen & Families –

We are in awe of the talent in our Air Force. We see it every day and want to remind you how valuable you are. We especially appreciate our base visits when we get a chance to interact directly with you and witness first-hand how you are thriving at the mission and in life. Thank you for making us the most dominant Air Force in the world.

We also know that none of us are immune to life's challenges. Some we can see coming, while others surprise us. Some are professional and some are personal. Whatever it is, our Air Force team is built to help. Our culture encourages seeking help and ensures we have support in place for you and your families when those life challenges do surface. Reaching out for help is simple and can be tailored to your specific needs.

One of our greatest sources of strength to meet the unique challenges of military life comes from our connection with others across a *Spectrum of Resilience* (see attached). Every one of us has a stake in taking care of ourselves and each other, through our connections and with the help of a multitude of resources available to you and your families. The *Spectrum of Resilience* starts with the resilience skills we use to take care of ourselves and expands from there to supportive opportunities and resources available to all of us. These resources span across family and friends, peer connection and support groups, support entities from front-line leaders to chaplains, and then to clinical and medical health services. Engaging with these resources early and in the right places along the spectrum supports a healthy body, mind, and community which strengthens our ability to cope with stress. Well-being can be nurtured regularly, even in advance of stress. When life stressors become overwhelming, we encourage the full use of the *Spectrum of Resilience* engaging at the point you feel most comfortable to gain the support you need.

The *Spectrum of Resilience* also emphasizes our individual responsibilities as Wingmen to our co-workers, friends, and families. Be present and ready to help your Wingman should you see that there could be a need. That is the embodiment of community, connection, and care that we all (at any rank) deserve and want in our culture. Being proactive by setting the example with your own resilience and supporting your fellow Airmen through the *Spectrum of Resilience* will help grow and maintain a more ready and fit force. A force that is ready to face whatever the future holds in our mission and in our lives.

Each one of us has the responsibility to foster a healthy climate by connecting with our fellow Airmen and their families, leading by example, providing guidance, and knowing what resources exist. Familiarize yourself with the *Spectrum of Resilience*, seek out the help you need at any level, and be a support, help, or bridge for others.

Thanks for all you do for our Air Force!

JoAnne S. Bass
Chief Master Sergeant of the Air Force

Charles Q. Brown, Jr.
General, USAF
Chief of Staff



U.S. AIR FORCE

Spectrum of Resilience

Supporting Airmen and their Families to help them thrive

SELF

Stress Management
Physical Fitness
Mental Fitness
Spiritual Fitness
Financial Services
Wellness



FAMILY & FRIENDS

Spouses
Partners
Friends
Virtual Friends
Other Family Members
Mentors



PEER/SOCIAL CONNECTIONS

Religious Groups
Morale, Welfare, & Recreation
Shared Hobbies
Professional Organizations
Sports Teams
Clubs
Co-Workers



SUPPORT ENTITIES

Chaplains
Military & Family Readiness
Center
Military Family Life Consultant
Operational Support Team
Victim Advocates
Victims Counsel
Employee Assistance Program
Unit Leaders
First Sergeants
Military OneSource



CLINICAL MEDICAL HEALTH

TRICARE
Mental Health Clinic
Behavioral Health Counseling
ADAPT



We encourage **Airmen and their Families** to seek out the help needed at any level, and to be a support, help, or bridge for others across the full **Spectrum of Resilience**.

Go to <https://www.resilience.af.mil/>
for more information on the resources available to you and your family.

**Available resources may vary by installation.*