



#GotMySix

FAMILY TOOLKIT

CHAMP



Uniformed
Services
University

WHO'S GOT YOUR BACK?

CHAMP's #GotMySix Campaign | 1-30 September 2022

FAMILY TOOLKIT

CHAMP's #GotMySix campaign highlights the role social connections play in Total Force Fitness for the military community.

This month, we're asking Service Members and their loved ones, friends, and supporters to give a shout-out to those who "have their six."

For WWI fighter pilots, their "6 o'clock" position (or back of the plane) was most vulnerable to enemy attack. "Got your six" refers to how those pilots would look out for each other's safety.

Our #GotMySix campaign encourages the military community to express gratitude to those who support them—and pay it forward to "have someone else's six."



FOLLOW @HPRCONLINE

on social media and repost our gratitude content to help spread the word!



Print the #GotMySix "Draw a picture" and "I am loved and supported" pages for your child. Have your child complete each page. Then post your child's work to social media, using the hashtag #GotMySix and tag us @HPRConline.



QUESTIONS?

If you have any questions about the #GotMySix campaign, please reach out to us at champ_gotmysix@usuhs.edu.



Find more resources to strengthen family bonds, grow gratitude, and raise resilient children at the end of this #GotMySix Family Toolkit! We suggest you also print out the additional resources to hang on your fridge!



THINK

Ask your child to **think** about who loves and supports them. Questions to ask your child are:

Who's got your six? (Who's got your back?)
Who do you feel loves and supports you?

DRAW

Help your child **draw** the person, family member, or even pet. Directions for your child are:

Whoever loves and supports you, draw them on the "Draw the picture" page!

WRITE

Help your child **write** to fill in the blanks on the "I am loved and supported!" page. Directions for your child are:

Answer the fill-in-the-blank page with the ways you feel loved and supported. Give your answers to that person to thank them for loving and supporting you!

POST

Post your child's drawing and answers to social media!

Take a picture of your child's drawing and fill-in-the-blank page to share on social media. Be sure to tag us @HPRCOnline and use the hashtag #GotMySix.



Draw a picture of the people you love
most to thank them for loving you.

FAMILY
TOOLKIT



#GotMySix

HUMAN PERFORMANCE RESOURCES by CHAMP | HPRC-online.org

I AM LOVED AND SUPPORTED!

FAMILY TOOLKIT

A member of my family who loves and supports me is: _____

They make my heart smile when: _____

They make me laugh when: _____

I can tell they are rooting for me when: _____

I feel special when they: _____

I show I love them too by: _____

Thank you for loving and supporting me!

Love, _____

Your name here





#GotMySix
Family Toolkit
ADDITIONAL RESOURCES

CHAMP



THE IMPORTANCE OF SOCIAL SUPPORT

FAMILY TOOLKIT

The people you spend time with and the support you get influence your health and performance. Social support comes in many forms. Your family, friends, coworkers, and community can support you emotionally. Their support also can come in the form of useful advice or help with tasks. When you feel supported by others, you're more likely to excel in your total fitness pursuits in many ways.

#GotMySix and exercise

Support from family and friends can help you achieve your fitness goals — whether you're improving your run time or recovering from injury. Maybe your buddy goes with you to the gym and spots you while you lift weights. Or maybe a friend or family members encourages you to work out when you really don't want to. It's important to recognize these cheerleaders in your life — whether they're on the sidelines or sweating it out besides you.

#GotMySix and mental fitness

Social support enables mental toughness. And setting goals with others can help you reach those goals faster and stay accountable as you make progress. Strong emotional support from others can also help ease the transitions common to military life.

When you feel supported, you're also likely to feel a greater sense of confidence, competence, and even humor! Post-traumatic stress disorder (PTSD) symptoms decrease faster for Service Members who report feeling socially connected and supported. On the flip side, those who lack social support are at higher risk of depression and suicidal thoughts.

#GotMySix and nutrition

Who's "got your six" when it comes to nutrition and healthy eating? Maybe your friends encourage you to make healthy choices when you eat out together. Or your partner makes weekly grocery runs so fruits and veggies are always available at home. Maybe your grandma sends you care packages with your favorite healthy treats during your deployment.

Social support influences how you nourish yourself. For example, Veterans who eat meals with their loved ones or close friends are more likely to eat healthier foods. Those who receive support from spouses and partners during recovery from illness tend to eat more fruits and vegetables as well.

#GotMySix and relationships

Strong, supportive relationships can contribute to less risk-taking, feeling less lonely, and greater belief in your ability to succeed. Those who support others feel happier and less stressed. Military spouses who feel supported and part of a network also tend to cope better with the stress of deployments. When people report being lonely and without support, they're likely to feel more distressed and make unhealthy choices. Social support comes in many forms and offers benefits for both giver and receiver. Tell the people you care about you're grateful they've "got your six".



30 WAYS TO RAISE A RESILIENT MILITARY

Kid

FAMILY TOOLKIT

1

Grow your family's **gratitude**: Ask each of them to say one thing they're grateful for.

2

Help your children's school plan a **Salute Our Kids** assembly for military kids.

3

Play games with your kids, explore coping skills, and learn about deployments at **MilitaryKidsConnect.org**.

4

Help your kids take a **mindful moment** to "check in" with how they're feeling and thinking.

5

Meet with a **Military OneSource education consultant** to learn about financial aid, tutoring, and college planning.

6

Grab your kids, go for a run outside, and discuss **proper running form and hydration**.

7

Take your child to a **national park or museum** that offers free admission to military families.

8

Use **emotion-coaching skills** to teach your kids how to manage their feelings.

9

Explore camps for military kids to help plan **summer fun**.

10

Use the **Anger Thermometer** to help your kids manage their anger.

11

Find age-appropriate ways to **include kids when you're cooking meals**.

12

Visit your **Installation Youth Center or Boys and Girls Club** to meet other military families.

13

Talk about **setting goals with your kids** and encourage them to read for 20 minutes daily.

14

Start a **scrapbook with your child** for a parent or older sibling returning from deployment.

15

Enjoy a **family meal** without electronics.

16

Plan a **family meeting** to discuss an upcoming change or challenge you're facing.

17

Check out the **MilTeenChat** app with your teen.

18

Talk about the importance of owning up to mistakes and how to **effectively apologize**.

19

Teach your child new "**feeling**" words and talk about a time you coped with **those feelings**.

20

Encourage your child to **drink water**—instead of sports drinks—during physical activity.

21

Print out and color **Sesame Street's Talk, Listen, Connect Bravery Badges** with your child.

22

Boost your **family's fitness** by going for a 1-hour hike or bike ride together.

23

Head outdoors together to **help your kids appreciate nature**.

24

Discuss why **forgiveness is important** for families.

25

Practice new coping skills—like doing **jumping jacks or hugging a stuffed animal**—with your kids.

26

Talk with your teen about **healthy sleep**.

27

Teach your children **deep-breathing techniques** to help them feel relaxed and calm.

28

Ask family members to share one way they **adapted well** to something unexpected.

29

Serve colorful—**pink, orange, white, or purple**—produce at mealtime.

30

Set up a play date or attend an event where your child can **meet new friends**.



Gratitude

Research shows cultivating gratitude can help you and others:

BE HAPPIER

Experience greater life satisfaction
Have less symptoms of depression & anxiety

HAVE MORE ENERGY

Engage in healthier activities
Sleep longer & wake up refreshed

BE MORE RESILIENT

Grow from trauma
Protect against burnout

HAVE STRONGER RELATIONSHIPS

Feel more loved, supported, committed & satisfied
Feel more valued

BOOST MOTIVATION & PERFORMANCE

Work harder & feel more fulfilled
Identify & solve problems

BUILD CHARACTER

Be more likely to offer help
Be more trusting & trustworthy



IS YOUR FAMILY OPTIMIZED?

FAMILY TOOLKIT

BUILD YOUR BONDS

Organization

Practice **flexibility** to rebound when things don't go as planned.

Apologize, forgive, and show accountability to help mend things and move on.



Enjoy and appreciate fun times together.

Ask Yourself...

What are your family's **routine and traditions**?

Do you **say what you mean** and **mean what you say**?

How do you spend **quality time** together?



Beliefs

Think about **what matters** most to your family.

Strive to **learn something positive** about each other after a challenging time.

Accept the present for what it is and trust your ability to **adapt** over time.

Ask Yourself...

What does your family **stand for**?

Which **values** are important to you?

What does the **future** look like for your family?



Communication

Share emotions openly and respectfully.

Prioritize **empathy and honesty**.

Talk about problems before they become unmanageable.

Ask Yourself...

How do you **resolve conflict**?

What can you learn from your failures as a family?

How do you **validate** each other's feelings?

BE IN IT TOGETHER

SHARE, LISTEN & LEARN

IS YOUR FAMILY OPTIMIZED?

It takes a lot of character and grit to be a military family.

But as many families know, true resilience comes from supporting each other and navigating the challenges together.

Optimized families who face adversity head-on tend to come through the tough stuff feeling stronger, braver, and more resourceful.

