



**Wellness & Resilience  
Focus Day 2021:  
Pillar of Family**  
by  
**Task Force on Wellness and Resilience**



# Wellness & Resilience Focus Day 2021: Pillar of Family

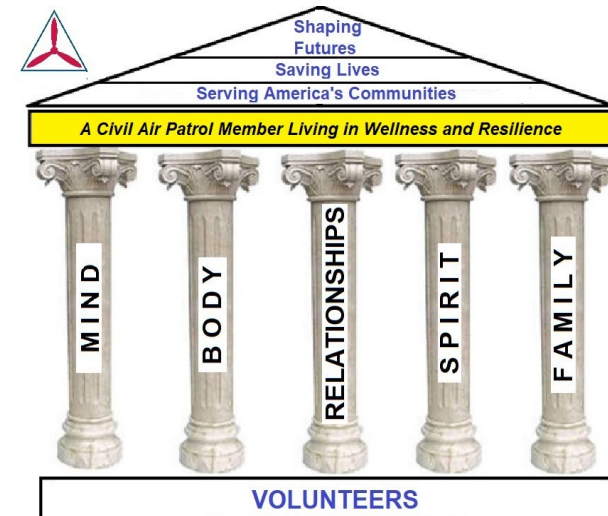
- In 2018, the national commander, Maj. Gen. Mark E. Smith, called for the creation of a Task Force for Wellness and Resilience to teach the skills that mitigate the stresses that are encountered as a national youth and emergency service organization. The CAP Five Pillars of Wellness and Resilience became the model that provides the language and focus areas to define living in excellence. It also articulates the sources of strength for dealing with stresses. (CAP Pamphlet 80-4)
- Wellness & Resilience Focus Day sets aside a day in September to focus on the Five Pillars of Wellness & Resilience



# Wellness & Resilience Focus Day 2021: Pillar of Family

- Our incoming National Commander, General Edward Phelka introduced the new CAP Mission Statement at the CAP National Conference. We would like to take a moment and introduce our new Five Pillars of Wellness and Resilience diagram with the new mission statement:

- Volunteers...
- Serving America's Communities,
- Saving Lives,
- Shaping Futures.



Emotionally Aware	Fitness	Communication	Values	Identity
Learn	Rest	Connectedness	Perseverance	Affection
Adaptability	Nutrition	Social Support	Perspective	Legacy
Decision Making	Recreation	Teamwork	Purpose	Priority

**Civil Air Patrol Five Pillars of Wellness and Resilience**

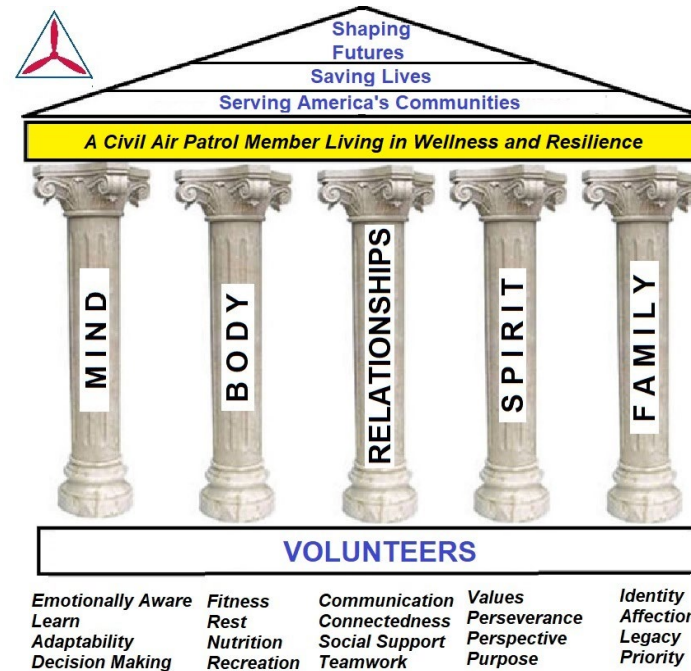
*"Volunteers Serving America's Communities, Saving Lives, and Shaping Futures"*



# Wellness & Resilience Focus Day 2021: Pillar of Family

Let's take a few moments and recap the Five Pillars of Wellness and Resilience and share how each has been helpful to you over the last year:

- Mind:
- Body:
- Relationships:
- Spirit:
- Family:



### Civil Air Patrol Five Pillars of Wellness and Resilience

*"Volunteers Serving America's Communities, Saving Lives, and Shaping Futures"*



# Wellness & Resilience Focus Day 2021: Pillar of Family

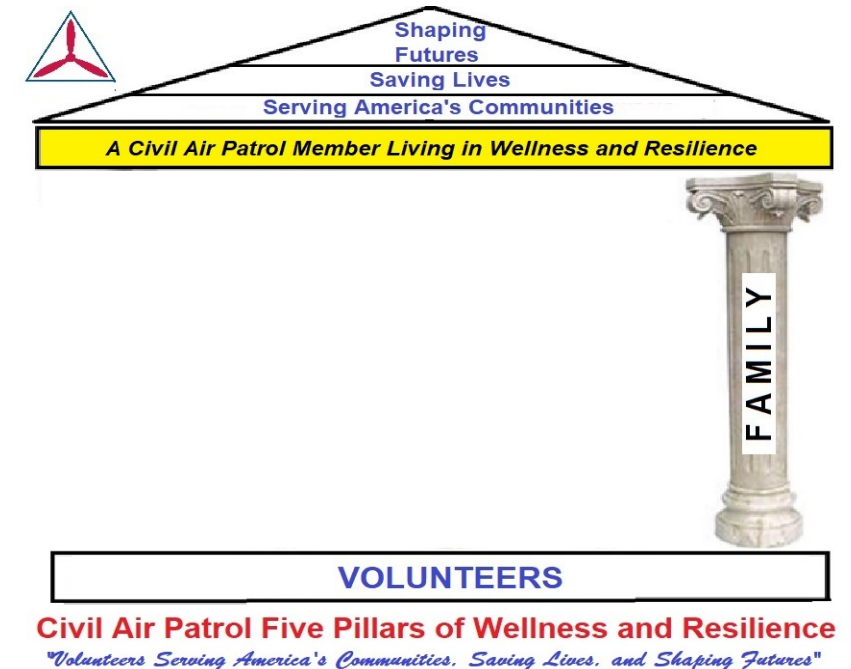
This year our Pillar of Focus is on the Pillar of Family:

**Identity** - Be bigger than yourselves

**Affection** - Find comfort that nurtures growth

**Legacy** - Establish a story that goes beyond a single lifetime

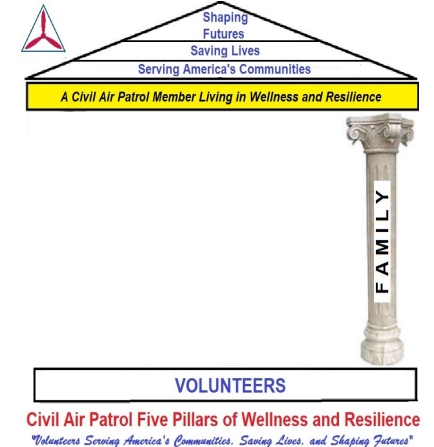
**Priorities** - What is most important in your life?





# Pillar of Family: Discussion Questions

- How have families changes over the last 10-20 years?
- How have families remained the same?
- What is the most important thing about family to you?
- What is unique/important about your family identity?
- How well do you share feelings/emotions among your family?
- How do you talk about a good/bad day with family?
- How do you talk about values (same or different) with your family?
- How do you talk about priorities (same or different) with your family?
- How do you talk about goals (same or different) with your family?
- How do core values impact the pillar of family?
- What significant legacy has a family member passed on to you and your family?
- What significant legacy would you like to pass on to your family?
- What goals do you want to make to strengthen your family this year?
- How do our CAP Core Values relate to Pillar of Family?





# Pillar of Family: Discussion Questions

- 1) What am I doing NOW that supports this pillar whether in CAP or in personal life?
- 2) What new commitment can I make to work toward excellence in this pillar?
  - Some answers might be:
  - Work with your family to share at least one meal a day or more
  - Consider having no electronic devices at the table when sharing a meal to increase quality interaction among family
  - Assist other family members with their activities
  - Learn about your family history
  - Limit the number of activities in your life so you can be available for family play and vacations
  - Make sure those who love and support you know that you love and support them, too.



# Pillar of Family: Quarterly Challenge

This year we want to take up the challenge for squadrons to go beyond a single Focus Day or Special Activity Day and adopt a Quarterly Challenge for Pillar of Family Activity:

- 2 Squadron Family Activities such as:
  - CAP Open House for Family
  - CAP Picnic with Family
- 2 CAP Member Family Activities such as:
  - Plan & Initiate One Day-Fun Day-Day Trip on Budget with Family
  - Plan & Initiate a Game Night with Your Family
  - Plan & Initiate One Dive Deeper Day with Family Cookout or Similar Time
    - Family Discussion-best & worst part of past week (each family member shares)
    - How is our family important & helpful? (each family member shares)
    - What might make family even better? (each family member shares)

## Best Practices





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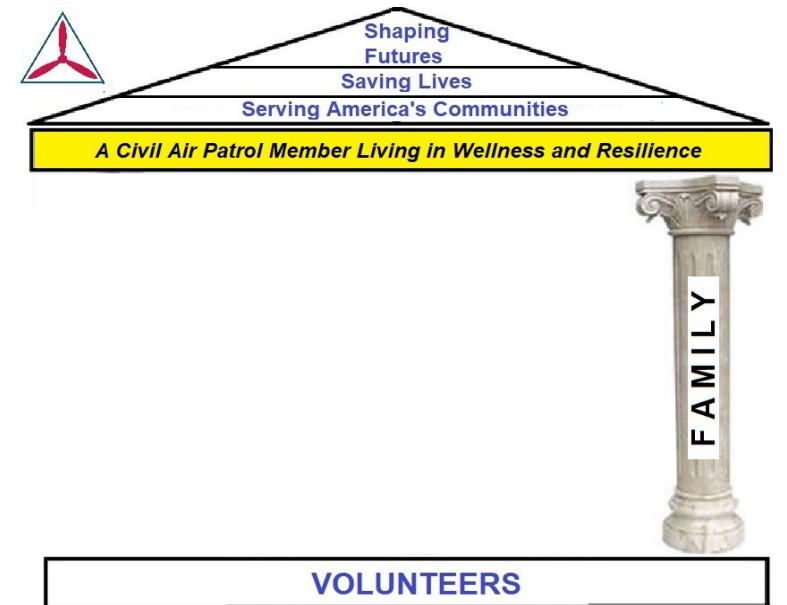
This year our Pillar of Focus is on the Pillar of Family--  
Let's challenge ourselves to strengthen our Pillar of Family!

**Identity** - Be bigger than yourselves

**Affection** - Find comfort that nurtures growth

**Legacy** - Establish a story that goes beyond a single lifetime

**Priorities** - What is most important in your life?



**Civil Air Patrol Five Pillars of Wellness and Resilience**  
*"Volunteers Serving America's Communities, Saving Lives, and Shaping Futures"*



# Reminder: Air Force Marathon

- Originally, this partnership developed during the “Pillar of the Body.”
  - Fitness was and still is an important focus area for the Board of Governors.
  - Register for the January 2022 “History & Heritage” series “race” which will honor the 80<sup>th</sup> anniversary of the founding of CAP with this medal.
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- There is a CAP 15 percent discount code for ALL AFM events:
  - **15OFFCAP** (Please do not publicly share this on social media.)

