



GRIT

STRENGTH THROUGH
RESILIENCE

2023

DRAGON GRIT CHECK 6

WHY?



ABOUT GRIT

It is the 81st TRW's way to connect our Airmen to each other, to our heritage, and to the broader Air Force mission.

We are investing in our collective success by providing the time, tools, and resources to enhance personal and professional performance and promote a shared responsibility of Airmen taking care of Airmen.

DELIBERATE FOCUS

DRAGON GRIT has a deliberate focus on two significant protective factors for interpersonal and self-directed violence.

CONNECTEDNESS and SHARED SENSE OF PURPOSE

- CONNECTION - to the unit, our mission, and heritage
- PERSONAL PERFORMANCE - recognize and strengthen positive personal and professional behaviors
- SHARED SENSE OF PURPOSE - building on our shared identity as warrior Airmen and finding common purpose in our mission and values

RESPECT

GRIT

STRENGTH THROUGH RESILIENCE

WHY IS GRIT IMPORTANT?

Personal development is about investing in yourself to achieve maximum efficiency and effectiveness. This is our vision for every Airman. Installation influencers are charged with serving as the delivery vehicle for these messages and inspiring Airmen to strive for personal and professional improvement. Making a commitment to personal development is the critical step on the path to personal fulfillment.

Personal development is beneficial in many ways:

- Promotes Self-Awareness to Recognize Strengths and Areas for Improvement
- Encourages Shared Goals and a Sense of Belonging
- Improves Focus and Effectiveness
- Strengthens Personal Motivation to Achieve
- Enhances Resilience to Overcome Hurdles
- Deepens Relationships with fellow Airmen

As an installation influencer, when you encourage and assist your team in a rigorous personal development course like Check 6, the rewards are amazing for them and for you!

The Check 6 topics represent a significant investment in our greatest resource – Our Airmen & Guardians.



SIMPLE ROLES OF A CONVERSATIONALIST



Make your
discussion
a priority



1 Partner

- Create an effective relationship with your team members
- Customize the Check 6 materials as needed to meet your team's needs



2 Planner

- Select the method and process in which you will initiate the Check 6 discussion
- Prepare time and space to ensure it will encourage dialogue and interaction with the group.



3 Enabler

- Create and sustain an interactive and participatory environment
- Honor and recognize diversity ensuring inclusiveness



4 Motivator

- Trust in your group's potential
- Model neutrality
- Acknowledge input, thoughts and ideas



5 Director

- Manage the time
- Keep the group focused
- Manage group conflict



6 Guide

- Guide the group with clear models and examples
- Facilitate group awareness of the topic
- Guide the group to consensus and desired goal

STRENGTH THROUGH
RESILIENCE

Ultimate TALK GUIDE

1

BE GENUINE

What does the Check 6 topic mean to you and your team?
Where do you find your motivation/inspiration?
Be true to yourself.

2

CONVERSE, NOT DEBATE

Adopt a forward thinking mentality.
No need to have a conclusion or agreement point in every discussion.
Allow things to be left open if a common point can't be achieved.

3

EMBRACE DIFFERENCES

Don't impose, criticize, or judge.
Respect each other's choices/inputs.
Seek commonalities.
Build on the common links.

4

BE AUTHENTIC

Share real thoughts and opinions.
Be proud of what you stand for.
Act on your personal beliefs and values.
Be present in the moment.

5

OPEN-ENDED QUESTIONS

Ask questions that cause reflection.
What was it like to...?
How did you know...?
In what way is that similar/different from...?
What was the best part of...?

6

GIVE AND TAKE

As people reveal more about themselves, they give you information about which to pose more questions.
Balance the talking vs listening.

C H E C K



GOAL Recognize individual dietary choices and freedoms to develop an increased awareness of healthy eating habits in regard to diabetes prevention.

FACILITATOR'S NOTES

HOW TO PREPARE:

- Review the "Build Your Plate" handout from Human Performance Resources by Uniformed Services University. This handout is a BASIC guide for creating meals at home, at the DFAC, eating out, or on a TDY. Most Airmen should choose the “easy” plate for weight management most days.
- Know when to see a healthcare professional. Healthcare needs are individualized, INCLUDING nutrition. One type of eating plan is not suitable for every circumstance. Airmen should seek medical nutrition therapy provided by Registered Dietitians (RD/RDN), who are available at Keesler Medical Center.
- *All links should be copied and pasted into your secure browser's URL bar.*

THE EXTRA MILE ADDITIONAL RESOURCES

- Resources are available, so educate yourself! Be aware they can be local and virtual.
- Base resources for nutrition include the Keesler's Nutritional Medicine Clinic in the Keesler Medical Center, on the ground floor, room GB101. Virtual resources include eatright.org, hprc-online.org and opss.org. If reviewing articles or other online sources, check to see that the author has an “RD or RDN” after their name. This will assure the reader that the information presented is evidence-based.



MISSION PLAN HOW TO EXECUTE

FRAMING THE CONVERSATION

November is National Diabetes Month.

Type 2 Diabetes can be prevented with lifestyle choices such as controlling your weight and doing physical activity. A waist circumference of greater than 35 inches for women and greater than 40 inches for men as well as a BMI of 25 or above can increase your risk for developing diabetes. On-and-off dieting or “yo-yo” dieting can contribute to weight gain (waist size) over time. To control weight, Airmen must focus on their nutrition (you can’t outrun a poor diet). This includes eating the right types and amounts of food tailored for specific performance goals and healthcare needs.

Registered Dietitians (RD/RDN) are the food and nutrition experts and can assist Airmen in meeting their goals. You can self-refer at Keesler’s Nutritional Medicine Clinic.

NOTES

SUGGESTED DISCUSSION POINTS

- How often do you follow the "easy" plate for weight management (refer to handout)?
- How do you view TDYs regarding your eating as well as drinking?
- What habits have led to weight gain in your career?
- What strategies to maintain fitness and weight standards are not helping your health?

MISSION CHALLENGE

HOW TO APPLY THE LESSON

Knowing what to eat can be confusing, but all healthy eating plans have four things in common

- Fruits and vegetables
- Lean proteins
- Less added sugar
- Less processed foods

The plate method is a great visual guide for active-duty members to use at home, in the DFAC, eating out, or on a TDY.

Use your resources, educate yourself to empower smart choices regarding your nutrition. HPRC-online.org is an excellent place to start. Keep in mind that fad diets and yo-yo dieting are not sustainable or conducive for military readiness. Food consumption should be tailored to your specific performance goals and healthcare needs. See a Registered Dietitian for specific strategies.



Please use the QR code/link on the left to submit your feedback on this discussion. This would greatly enhance the experience for you, as well as improve the program for the future Airmen of tomorrow's Air Force.

EASY MODERATE HARD TRAINING DAYS

- 1 Choose your activity level.
- 2 Balance your food groups.
- 3 Check your performance impact with Go for Green®.

Carbs (grains & starchy veggies)

- Whole-grain bread and pasta
- Oats
- Brown rice
- Beans/lentils
- Potatoes
- Corn

Fruits & veggies

- Eat a variety of colors
- Choose fresh or frozen
- Enjoy raw and cooked

Healthy fats

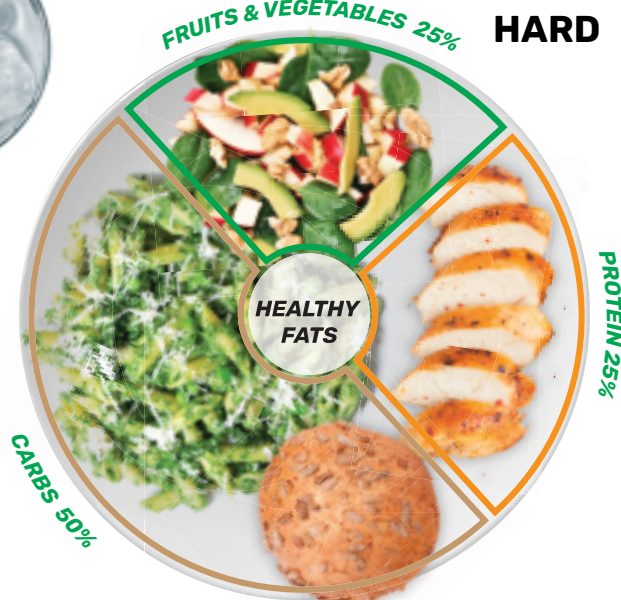
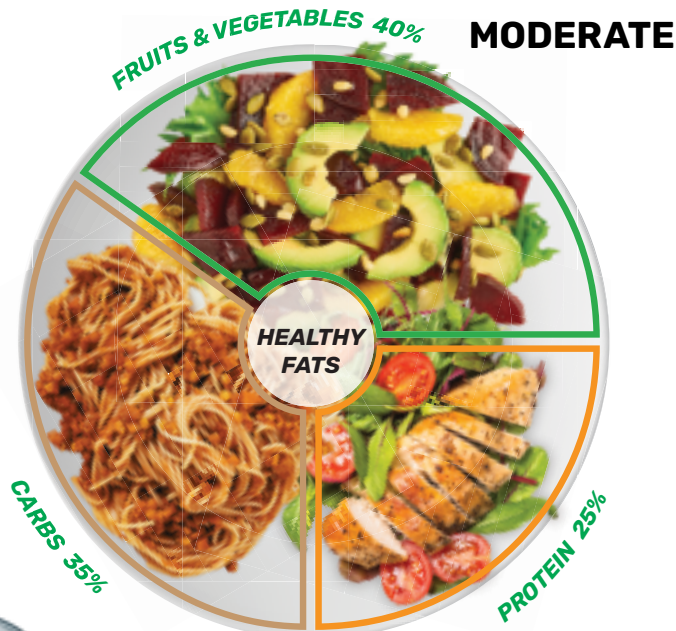
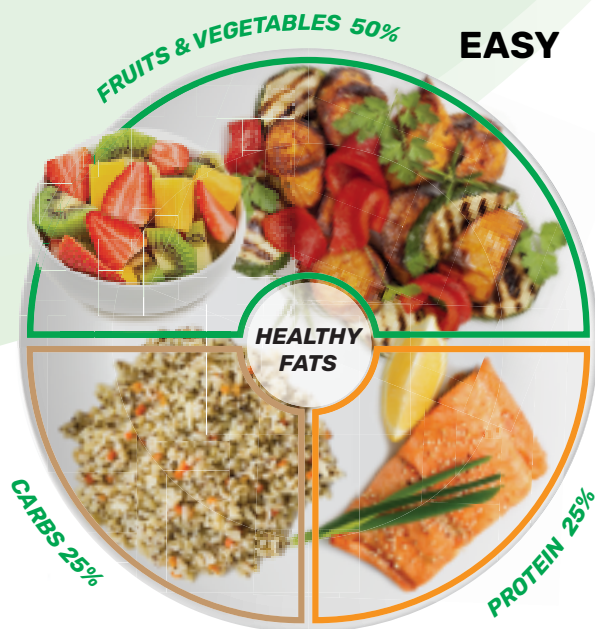
- Olive oil
- Nuts/seeds
- Avocado

Lean protein

- Beef/pork
- Chicken/turkey
- Fish
- Dairy
- Eggs
- Soy/tofu
- Beans/lentils
- Nuts/seeds

Unsweetened beverages

- Water
- Milk/milk alternatives
- Coffee/tea



This is a guide on how to balance your plate and fuel your performance. Always tune in to your body's cues for hunger and fullness.



Keesler Medical Center Nutritional Medicine Clinic

Keesler 81 MDG GB101

Contact Us: 228-376-5065

What We Offer

ACTIVE DUTY ONLY

Individual Appointments:

- Individual Registered Dietitian appointments can be provided for:

- Gestational Diabetes
- Food Allergies
- Kidney Disease
- Specific MNT Conditions

- InBody Assessments:

Non-invasive, quick and accurate body composition analysis that provides a detailed breakdown of your weight in terms of muscle, fat, and water

Call 228-376-5065 or stop by the clinic on the ground floor by the dining hall for an appointment

ACTIVE DUTY ONLY

Group Classes

Contact the
nutrition clinic to get scheduled for:

Weight Management Classes

Teaches healthy eating behaviors,
increasing physical activity, and promoting weight
loss based on the latest in nutrition science.

Pregnancy Class

Teaches nutrition recommendations as well as
considerations for pregnancy

