

## EMAIL EXAMPLE #1



**To:**

**Subject:** [Month 1] 2021: Invisible Wounds//Culture Change

**Text:** Addressing invisible wounds is a top priority of the Chief of Staff of the Air Force. He expects us to take care of our Airmen and Guardians, especially those who are living with invisible wounds. Communicating positively about invisible wounds and encouraging Airmen and Guardians to seek treatment, if needed, are the responsibilities of everyone within the command chain. You are in the best position to shape and champion this new culture and you do so through your words, actions, and the behaviors you formally and informally reward within your unit. We know that in order to support readiness and build a more lethal force, we must foster resilience to include mental fitness, within our Airmen and Guardians.

The Challenge:

- Recognize and commend the efforts of Airmen or Guardians and spouses, caregivers, that demonstrate the positive change and promote the culture we seek
- Empower your supervisors, SNCOs, and NCOs to reward, acknowledge, assist, and support culture change. They are the front-line connection
- Over the next few months, you will see information campaign materials (fact sheets, social media, and emails) that focus on enabling us to recognize Airmen and Guardians with invisible wounds, engage, and assist them in seeking treatment. Leverage these materials at your Commander's Calls
- Engage with your Airmen and Guardians and encourage them to understand the information and know the importance of supporting Airmen and Guardians with invisible wounds

Our most important resource is our Airmen and Guardians. We should strive to recognize those who show positive actions, behavior, and support their fellow Airmen and Guardians.

V/R

Wing CC

