



# Resilience building programs

## Defence Member and Family Support



### SMART workshops

The SMART series of programs helps partners and families of ADF members identify and build on their strengths, learn techniques to cope with the stressors and challenges of the military lifestyle, and become more resilient, positive and self-reliant.

Learn techniques to help you cope with the stressors and challenges of the military lifestyle in FamilySMART, TeenSMART and KidSMART, which are interactive programs designed for Defence partners, teenagers and children.

Identify your strengths and discover ways to become more resilient, self-reliant and positive.

The SMART programs are delivered by local Defence Social Workers in small group sessions, and provide you with practical tips and techniques.

To find out more or to sign up for a FamilySMART, KidSMART or TeenSMART session, contact the Defence Member and Family Helpline on **1800 624 608**.

### STRESS MANAGEMENT AND HANDLING CHALLENGES

The programs target challenging aspects of Defence life such as deployment, relocations, partner absence from home, or reuniting with a partner who is returning after a long time away.

You will be guided through strategies to respond in a healthy way to these challenges

and turn them into positive and strengthening experiences for your family.

Some of the strategies discussed include grounding techniques, progressive muscle relaxation, changing self-talk, problem solving and expressing emotions.

You will also learn how to identify when other people are having difficulty coping with a situation and how to help them.

### STRONG AND SUPPORTED FAMILIES

An important part of being resilient is building a strong support system for you. A good support network will make you feel cared for and valued and give you a sense of belonging as well as practical assistance when you need it to handle a difficult situation. FamilySMART will give you information and guidance for finding support.

Defence families are strongest when connected with their community, and DMFS has a range of services to help you source and access community resources that best suit your needs. Contact the Defence Member and Family Helpline on **1800 624 608** to access our community directory or to obtain personalised advice. For more information see <https://defence.gov.au/members-families>.

