



# Engagement

## Web Resources

Engagement refers to a persistent positive and fulfilling state of mind characterized by mental resilience, dedication, and immersion in the work role.

\*Note: The following question(s) are the actual DEOCS questions.

**The following items are used to assess Engagement on the DEOCS using a 7-point response scale from strongly disagree to strongly agree.**

1. At my workplace, I am mentally resilient.
2. I am enthusiastic about my work.
3. Time flies when I am working.

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The below resources contain valuable information to increase Engagement type behaviors. Leaders may wish to review these sources for use in developing their own plan of action, and incorporate those strategies within their organization.

DoD: Military OneSource provides policies, procedures, timely articles, social media tools, and support to service members, family members, service providers, and commands.  
<http://www.militaryonesource.mil>

U.S. Department of Veteran Affairs: The items in the Veterans Health A-Z Index represent popular topics, frequent inquiries, and areas of critical importance to veterans and their caregivers. This navigational and informational tool is designed to help you quickly find and retrieve specific information. The A-Z Index is structured so that synonyms, acronyms, and cross-referencing provide multiple ways for you to access the topics and features on veterans' health websites. <http://www.va.gov/health/topics>

Army: Provides Ready and Resilient (R2) capabilities to Commanders and Leaders to enable them to achieve and sustain personal readiness and optimize human performance in environments of uncertainty and persistent danger.  
<https://www.army.mil/readyandresilient>

Army National Guard: Resilience Program educates Soldiers on 14 skills designed to provide emotional, physical, social, spiritual, and family fitness. <https://www.guardyourhealth.com>

Navy: <https://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/resilience.aspx>



Air Force: Comprehensive Airman Fitness (CAF) is described as a holistic approach to develop over-arching Airman fitness and fortitude.

<https://www.af.mil/News/Article-Display/Article/484528/comprehensive-airman-fitness-gains-official-afi>

INTEGRATED RESILIENCE *AFI 90-5001*, 25 JANUARY 2019 [www.e-Publishing.af.mil](http://www.e-Publishing.af.mil)

Marine Corps: The DSTRESS Line provides a 24-hour anonymous phone, chat and Skype counseling and referral service using a 'Marine-to-Marine' approach.

<http://www.usmc-mccs.org/services/support/dstress-line>

<http://www.usmc-mccs.org/articles/new-ways-to-cope-resources-for-battling-stress>

<http://www.marines.mil/Family.aspx>

<https://www.usmcu.edu/li/marine-leader-development/leadership-tools>

Coast Guard: The Office of Work-Life is responsible for establishing, developing and promulgating Work-Life policy and interpreting program standards for Coast Guard-wide implementation manages the Coast Guard's Work-Life Program. The overall objective is to support the well-being of active duty, reserve and civilian employees and family members.

<http://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Health-Safety-and-Work-Life-CG-11/Office-of-Work-Life-CG-111>