

6 TIPS

TO COMBAT OSTRACISM

We are stronger when we BELONG

Ostracism — being excluded or ignored by others — can be a harmful experience

Be aware

Spread the word about ostracism and its negative impact. Share this resource with your teammates. This [blog](#) can also help get you started.

Engage

Connect with teammates and prevent subtle forms of ostracism before they start. Cohesive units combat ostracism together.

Learn

Explore research about ostracism as it continues to emerge, observe your team environment, and develop skills to prevent ostracism and eliminate it when it occurs.

Offer support

Provide and encourage others to seek social support. Leaders: support healthy connections within your team, take steps to prevent and eliminate ostracism, and be your team's role model for high-quality inclusive communication.

Notice conflict

Observe and act. Prevent harmful or abusive ostracizing behaviors and promote a climate of dignity, respect, and connectedness.¹

Get help

If you are dealing with the effects of ostracism, help is available. See the resources below.

- Reference** 1. Department of Defense. (2020, September 11). *DoD policy on integrated primary prevention of self-directed harm and prohibited abuse or harm* (DODI 6400.09). <https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/640009p.pdf>

REAL WARRIORS + REAL BATTLES
REAL STRENGTH

VISIT [HEALTH.MIL/REALWARRIORS](https://health.mil/RealWarriors)
to learn about resources for staying
mission ready.

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NEED TO TALK? Contact the
Psychological Health Resource Center
for free 24/7 confidential support:
• 866-966-1020
• health.mil/PHRC

IF IN CRISIS CALL/TEXT 988
ADDITIONAL RESOURCES:
• militaryonesource.mil
• health.mil/inTransition