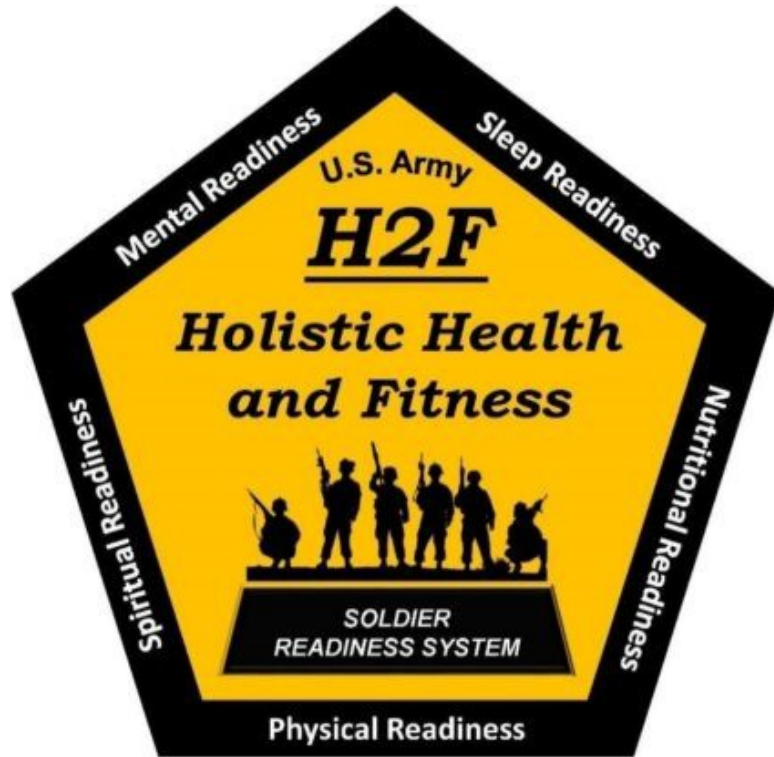




TJAGLCS H2F TOUCHPOINT



FY22

JUNE

MENTAL READINESS

MEDITATION CHALLENGE

"Mental readiness is the ability to meet the mental demands of any combat or duty position, adapt successfully in the presence of extreme risk and adversity, accomplish the mission, and continue to fight and win." (FM 7-22, 3-20)

For 30 Days:

Step 1: Set intention

Step 2: Sit focused for 5 minutes in complete silence

Step 3: Journal your experience afterwards

Try to increase your meditation by 30 seconds everyday and review your journal weekly.

MENTAL READINESS

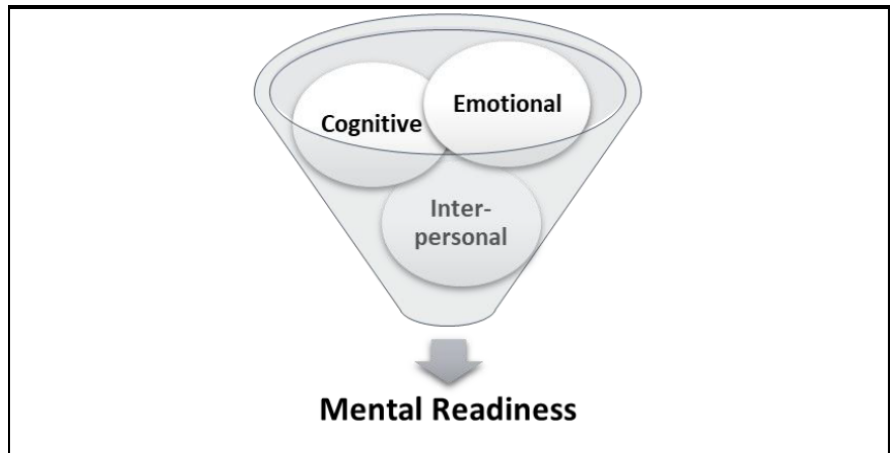
For the month of June, TJAGLCS will focus on improving our mental readiness. "Under extreme duress, mental readiness is the ability to create a sense of total control and confidence. In the presence of chaos and uncertainty, possibility for flawed judgment increases. Mental readiness reduces miscalculation and errors of judgment. Soldiers who are mentally ready can manage severe stress and grow mentally tougher in the process. Mental Readiness depends on the following factors:"

- Character
- Behavior
- Resilience
- Cognitive Skill
- Social Acuity

(FM 7-22, 3-10-11)

"Mental Readiness includes the three interrelated capabilities- cognitive, emotional, and interpersonal. Just as physical readiness requires training and integration of a variety of components (for example, muscular endurance, muscular strength, balance, flexibility, and agility), optimizing mental readiness requires the training and integration of a variety of capabilities."

(FM 7-22, 9-8)



FM 7-22, Figure 9-1

GRATITUDE: MAKE IT A DAILY PRACTICE

Gratitude is when you take the time to notice the good you've received and show your appreciation. When you make practicing gratitude a habit, it can help you improve your well-being, performance, and relationships. Use the prompts below to help make growing your gratitude part of your daily routine.

Dates: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Get excited for the week!</i>	<i>Don't take life for granted.</i>	<i>Share the love.</i>	<i>Express your gratitude.</i>	<i>Hunt the good stuff.</i>	<i>Appreciate the moment.</i>	<i>Pay it forward.</i>
What are 3 things you're excited for this week?	What do you want to make sure you do NOT take for granted today?	What made you laugh, smile, or feel loved today? How will you make others laugh, smile, or feel loved?	Who haven't you properly thanked for helping you? Send them a short message to show your gratitude.	What are 5 things that happened this week that you're grateful for?	What should you notice, savor, and appreciate right now?	What's an experience, lesson, gift, or talent that helps you feel blessed? How can you pay it forward?



MENTAL READINESS RESOURCES



- TJAGLCS H2F Leader Development Academy**
 Each month TJAGLCS will host a Leader Development brown bag lunch dedicated to educating faculty and staff on the domains of H2F. For the month of June, we are pleased to have University of Virginia Professor and Licensed Clinical Psychologist Dr. Lucy Guarnera lead our LDP. Dr. Guarnera will lead a discussion on secondary trauma, negative coping mechanisms, and how to improve and sustain our mental readiness.

When: 08 JUN, 1200-1300 in Decker Auditorium.

- Human Performance Resources by CHAMP (HPRC)** –Human Performance Resources by CHAMP (HPRC) is a team of scientists, specialists, and support staff who translate research into evidence-based resources to help Warfighters and their families achieve total fitness and optimize performance, whether at home, in the office, or in theater.

hprc-online.org/mental-fitness/mental-health.



Make
YOUR mental
Health a
Priority



The Military Meditation Coach podcast will help you exercise your mind. This podcast series guides listeners through meditation, mindfulness and relaxation exercises as brief as three minutes or as long as 25. Made for the military, but everyone can use a meditation coach.

Your thoughts affect how you perform, especially when you face stressful situations that feel challenging or overwhelming. Luckily, there are ways to reframe your thoughts to help make them accurate and productive, which can boost your focus and enable you to have more control over things. Download the "Productive Thinking 101" worksheet to learn how to be an optimistic thinker and "find the good" for better well-being, resilience and peak performance.



Veteran's PATH is a podcast – helping veterans find Peace, Acceptance, Transformation, and Honor through practical tools like meditation and mindfulness, physical and outdoor experiences, and a community of camaraderie. Hosted by Jon Macaskill, a Navy SEAL Commander turned Mindfulness Teacher. On the Veteran's PATH podcast, he interviews veterans, athletes, corporate leaders and many others who've overcome obstacles or adversity and found peace through the practices of meditation and mindfulness – breaking down the stigma of pursuing mental health and making it a priority – improving and saving lives!

CHAMP

Human Performance Resources



Dr. Robert Duff, a psychologist from Southern California, made this podcast after being frustrated with the complex nature of psychological issues. Every episode tackles mental health questions from listeners and interviews mental health experts. Listeners appreciate Duff's simple, straightforward style



THE ARMY'S NO. 1 PRIORITY IS TAKING CARE OF ITS SOLDIERS, CIVILIANS AND FAMILIES

LEADERS' CORNER

Leaders have the responsibility to ensure they are making it a priority to cultivate, develop, and improve the mental readiness of their subordinates. "One approach to developing mental readiness capabilities involves using the Goal, Plan, Do, and Check strategy. Leaders can use the strategy to coordinate mental readiness capability development in a variety of circumstances." (FM 7-22, 9-9)

1. **GOALS** - Help your Soldiers to develop goals that are SMART:


- S-Specific
- M-Measurable
- A-Attainable
- R-Relevant
- T-Timely

2. **PLAN**- Ensure your subordinates are well coached and have the adequate time in order to optimize their mental readiness

3. **DO**- Doing is the action of pursuing the plan which will achieve the team's goal. The doing part involves teaching, training, practice, and implementation on the part of the leader

4. **CHECK**- Leaders are responsible to be consistently checking on the progress and effectiveness of the plan. Leaders need to be confident to continue to encourage their Soldiers to continue with their plan if it is effective and have the courage to revisit the planning process if the goal is not being met.

Another skill that a leader needs to master is the ability to understand some of the mental health challenges their subordinates may be struggling with. The ability to understand and recognize the warning signs of issues such as Traumatic Brain Injury (TBI), Moral Injury, and Post Traumatic Stress Disorder (PTSD) and know what the resources are available to help with these issues, can help to improve the mental readiness of an organization.




PTSD SYMPTOMS

- Nightmares or night terrors
- Flashbacks
- Distress
- Avoidance
- Memory loss
- Negative beliefs
- Fear, anger, guilt, or shame
- Detachment from others
- Reckless behavior
- Hyperalert
- Easily startled or scared
- Lack of focus



TBI SYMPTOMS

- Cognitive decline
- Trouble focusing
- Challenges with planning & executive function
- Impacts to learning and memory, language, or motor skills
- Limited social skills
- Headaches
- Sensitivity to sound or noise



MORAL INJURY SYMPTOMS

- Self-destructive impulses
- Loss of religiousness, faith, or hope
- Guilt or shame
- Feelings of betrayal
- Loss of trust
- Lack of purpose
- Self-blame
- Anxiety or depression
- Sleep problems
- Substance abuse

For more info on these conditions and available resources, use the QR code below.

