

## MENTAL FITNESS

*Mental Fitness* is the ability to effectively cope with unique mental stressors and challenges.

### KEY TENENTS OF MENTAL FITNESS:

<b>Awareness</b>	The self-descriptions a person ascribes to oneself that influence one's actual behavior, motivation to initiate or disrupt activities, and feelings about oneself. Individuals must also have situational awareness, or knowledge of what is going on around them for accurately interpreting and attending to appropriate cues in the environment.
<b>Adaptability</b>	Ease of adapting to changes associated with military life, including flexible roles within the family.
<b>Decision Making</b>	Thoughts, attitudes, and behaviors used for evaluating and choosing courses of action to solve a problem or reach a goal and include problem solving, goal setting adaptive thinking and intuitive thinking. Decision making factors include problem solving, goal setting, adaptive thinking, and intuitive thinking.
<b>Positive Thinking</b>	Information processing, applying knowledge, and changing preferences through restructuring, positive reframing, making sense out of a situation, flexibility, reappraisal, refocusing, having positive outcome expectations, a positive outlook, and psychological preparation.

### TIPS FOR RECHARGING MENTAL FITNESS:

- **Mindfulness / Count blessings.** Regularly reflecting on things that go well or are right in your life cultivates a personal attitude of gratitude, leads to positive thinking, and provides the mental strength and sense of well-being that supports an enhanced quality of life.
- **Accomplish goals.** Setting and committing to your goals adds structure and meaning to daily life, helps you identify priorities and master time, and provides you with a deeper sense of purpose and a feeling of control over your life.
- **Balance thinking.** Accurate thinking is a key to boosting resilience. By calming yourself and focusing on your thoughts, identifying what you say to yourself when faced with a challenge, and understanding how your thoughts affect your feelings and behavior allows you to accurately interpret life situations and then proactively take actions based on evidence.
- **Check playbook.** Develop beliefs and behaviors that are consistent with your values and lead to better life options. Consistently practice productive emotional and physical patterns that promote your performance, goals and relationships. If you falter, consult your playbook and pick a new play to get back on track.
- **Capitalize on strengths.** Know your signature strengths, spot strengths in others and then find ways to develop and use your strengths.

### RESOURCES AND LINKS MENTAL FITNESS:

- **After deployment** – Self-assessments, Podcasts, Videos, etc. <http://afterdeployment.dcoe.mil/>
- **Employee Assistance Program** – Self-assessments, Tools, etc. <http://www.foh4you.com/>
- **Human Performance Resource Center** – Educational Materials <http://hprc-online.org/>
- **Wingman ToolKit** – Apps, Articles, Videos, Resources - <http://www.wingmantoolkit.org/>