

PREVENTION IN ACTION

RESILIENCE

BUILDING RESILIENCE

Boost your personal and professional success by using these tips:



BELIEVE IN YOUR FUTURE.

We all have victories and challenges. Resilience is the ability to withstand, recover, and grow in the face of stressors and changing demands. Each time you adapt and overcome, you build resilience.



KEEP CHARGING.

Refuse to quit, and you can't be defeated. Don't get down on yourself. You were not born to be perfect. Reframe your thinking by replacing every negative thought with two positive thoughts.



MOBILIZE YOUR SUPPORT NETWORK.

Lean on those you respect and trust. Often we are the hardest on ourselves. Surround yourself with people who encourage you and remind you how valuable you are.



PRACTICE SELF-CARE.

Step away from challenging situations until you can recalibrate and act within your values. Try box breathing, grounding, and progressive muscle relaxation. Try grounding now: Think of five things you can see, four things you can hear, three things you can touch, two things you can smell.



VISUALIZE A BETTER OUTCOME.

Picture and focus on the outcome you want to help you work toward it. Do this routinely. Try it now: Name a situation and call out the outcome you want. Now work toward it.



DEVELOP GOOD HABITS.

Eat nutritious food, exercise regularly, make sure you get proper sleep, and cultivate a healthy sense of humor to help you look at challenges differently.



SHARPEN YOUR MENTAL AGILITY.

Exercise your brain by reading, playing word games, working word and logic puzzles, solving brain teasers, and learning a new skill.



STRENGTHEN YOURSELF.

Plan Body, Mind, Spirit, and Social activities, which can overlap, to most effectively navigate challenges and ensure mission success.



DEVELOP UNIT & SOCIAL CONNECTIONS.

Actively engage in meaningful conversations and build trust with others. Build and maintain healthy relationships in your personal and professional life.



SET BOLD BUT ACHIEVABLE GOALS.

Map out the micro steps needed for success. Push yourself to reach those goals and be flexible; this will build self-confidence.

Prepare for challenges by reaching out to Marine Corps resources, including:

- Chaplains
- Community Counseling Program (CCP)
- Family Advocacy Program (FAP)
- Health Promotion
- Information, Referral, and Relocation (IR&R)
- Marine Corps Family Team Building (MCFTB)

- Marine For Life Network
- Military and Family Life Counselors (MFLC's)
- Navy Marine Corps Relief Society
- New Parent Support Program (NPSP)
- OSCAR team members (Operational Stress Control and Readiness)

- Personal Financial Management Program
- Suicide Prevention
- Transition Readiness Program
- Unit, Personal, and Family Readiness



Increase your resilience

Resilience is a term we hear a lot, but what does it mean? How can we become resilient in our work and personal lives?

[Chairman of the Joint Chiefs of Staff Instruction 3405.1](#) defines resilience as “the ability to withstand, recover, and grow in the face of stressors and changing demands.”

Visit your local [Information, Referral, and Relocation Office](#) to discover resilience tools on your installation.

Check out the resilience tools available on [Military OneSource](#) (MOS), or [download the My Military OneSource app](#) and connect to 24/7 support and answers personalized for you and your MilLife. These tools help boost resilience:

- **MoodHacker** helps users organize their days and activities to boost their mood.
- The **CoachHub Mobile App** allows users to partner with an online coach as they strive for peak resilience.

MOS also does deep dives into available services:

- Confidential help
- Deployment
- Health and wellness
- Moving and housing
- Personal development & employment
- Shopping/deals
- Survivor/casualty assistance
- Financial counseling
- Transition assistance

To access the information from the MOS website, scroll to the bottom of the homepage until you see the list of categories.

From the My MOS app, click on the menu and go to MilLife Guides.

To view the graphic online and to access the links to programs, copy this [link](#).

PRACTICE SELF-CARE

The Practice Self-care feature focuses on self-care techniques that Service members, civilians, veterans, and Families find helpful. Stress is a regular part of everyday life, and all of us can benefit from learning techniques to manage it and including time in our schedules for self-care.

**LtCol Sally “Edie” Falco, AC/S G-1,
Marine Corps Recruiting Command**

What: I have many hobbies but when it comes to self-care, I like to change things up. Right now, I am on a gardening kick. I love to plant herbs and especially using them in my cooking. I love to cook. I like to plant flowers and I gravitate toward the colors of scarlet and gold . . . everything for me somehow goes back to Marine Corps. OORAH!

How It Helps: Gardening keeps me grounded and helps me relax. It is very gratifying growing something and being able to use it in a meal that my family enjoys. Taking care of the garden is very routine and gives me a chance to clear my head after a busy day.

**MSgt Tomas Cadena, G-1 Chief,
Marine Corps Recruiting Command**

What: I like to watch movies, game, tinker with computers, play board games with the family, go on family bike rides, and work out with my wife.

How It Helps: Movies and games allow me to de-stress and relax and enjoy a little bit of fiction and fantasy. Family game nights and bike rides give me an opportunity to spend time with the family, enjoy activities together, and get a little bit of exercise. Working out with my wife provides a good source of exercise and allows me to spend more time with her during the day.

ABOUT THE NEWSLETTER

The United States Marine Corps’ Marine & Family Programs Division publishes Prevention in Action. **The contents of this newsletter are for informational purposes only.** The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

If you choose to provide us with your email address, we will use it solely to deliver the newsletter. You may opt out of receiving the newsletter at any time by responding to the sender.

Email hqmcprevention@usmc.mil to suggest topics or ask questions. July’s topic will be peer-to-peer support, and August’s newsletter topic will be respect.

To access hot links in newsletter: right click on link, copy link, and paste it into a browser window.

DEVELOP YOUR COPING ARSENAL

It’s a good idea to have a choice of coping strategies to meet the specific needs of each situation you face—some “problem-focused” and some “emotion-focused.”

During severe stress, you might find that your old ways of dealing with problems aren’t doing enough to help.

For example, your preferred way of coping in the past might have been venting to a friend about something you couldn’t control. But now you may be overlooking direct actions you can take to fix the problem.

Or perhaps you’ve always been an action-oriented problem-solver but now, even though it’s unfamiliar to talk with others about what’s bothering you, you might simply need someone to be a good listener.

Take stock of your current coping strategies. We offer some suggestions for how you can expand your arsenal and build your resilience. Consider which ones might be most useful for you in various situations.

Problem-focused Tips

1. Take a direct approach.

Ask yourself if there are ways you can directly tackle the problem. It may be easy to quickly dismiss some ideas, but first brainstorm a comprehensive list. You may discover a novel approach if you don’t instantly abandon what comes to mind.

2. Plan.

Can you make specific plans that have steps to get you through the situation? It can feel overwhelming when



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Time for a reframe?

If you need help learning how to problem-solve and cope with issues, check out these Marine Corps resources:

- Chaplains
- The [Community Counseling Program](#)
- [Marine Corps Family Team Building’s](#) Life-Skills courses
- [Military & Family Life Counseling Program](#) (MFLC)

you look at the whole thing, but if you can break it down into smaller chunks, each step can feel manageable. Then you can move closer, step-by-step, to overcoming the bigger problem.

3. Exercise self-restraint.

Maybe you’re flooding yourself by taking on too much, or maybe you’re tempted to give in to impulses that won’t actually help. Consider slowing down and thinking through things thoroughly before you act.

4. Seek advice.

You may appreciate someone else’s perspective on what you’re going through. Ask others what they think. They may have different approaches you can try. Be clear about your intentions in speaking with them, though; there’s a

difference between seeking advice and looking for somebody to rescue you in the midst of interpersonal struggles.

Emotion-focused Tips

1. Enlist emotional support.

This is not the same as seeking somebody else’s input. Instead, you focus on telling someone what you’re feeling and ask him or her just to listen rather than provide advice.

2. Reinterpret stressful situations.

You may find it helpful to look at your situation in a different way. For instance, try looking at what’s going on as a challenge rather than as a threat. Focus on what you can control and accept what you can’t.

3. Accept how you feel.

As much as you might like to, you can’t instantly force yourself to feel different. By [tuning in to how you feel](#), rather than pushing it away, you may find that the feelings don’t linger as long.

4. Engage in a healthy level of denial.

Sometimes you may find it useful (in the short term) to let yourself believe there isn’t a big problem. You can avoid dwelling on it until you’re ready to address it.

5. Lean on spirituality.

Some people find a belief in something greater than themselves to be an important source of support in times of stress. Finding purpose in something such as spiritual or religious beliefs may help focus and motivate you.

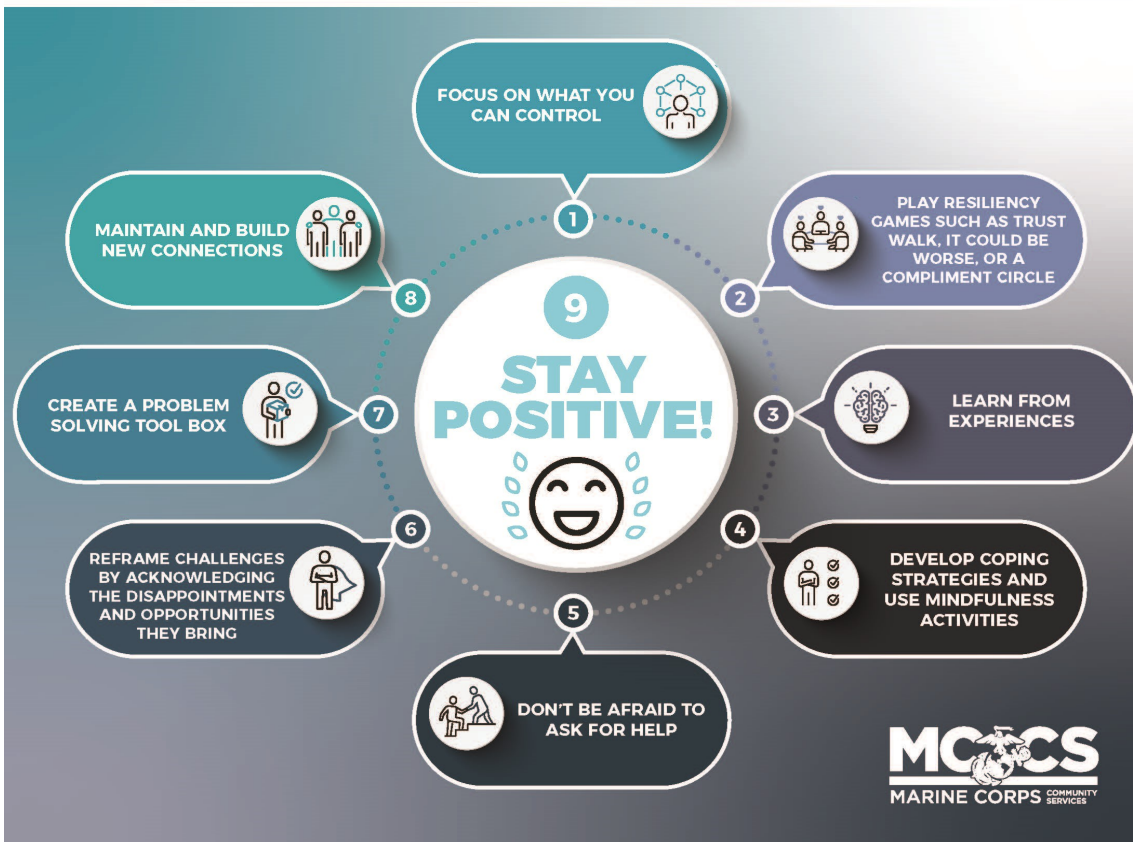
—Consortium for Health and Military Performance

BUILDING RESILIENCE DURING TRANSITIONS

During the month of April, we celebrated our military children and their ability to adapt and overcome the many challenges that military families face. Military children learn from the beginning that change is a part of everyday life. While military kids are accustomed to change, that doesn't mean it is always easy for them.

Children have feelings. They miss their friends and family. They long for the way things were at the last duty station. They hope for better things at the next. They get angry and sad when their military parent has to say "see you later." They become frustrated when the new school does things differently than the last.

Knowing how to respond to transitions can help military kids thrive during the uncertainties that transitions bring.



Help Build Your Family's Resilience

Take time to create strong bonds to help your family thrive and build [resilience](#).

1. Cook and eat together as often as possible. When you cook and share a meal, it encourages cooperation, promotes healthier eating, and engages families in conversation.
2. Gather together for a weekly family activity night. Shared time strengthens connections with one another and creates lasting shared memories.
3. Hold regular family meetings to let family members know their voice and perspective matters in important discussions and decisions.
4. Review your family history through scrapbooks and photo albums to create a sense of connection and history to both immediate and extended family members.
5. [Volunteer](#) together to connect to the community in which you live, work, and play.

The [Child and Youth, Exceptional Family Member](#), and [School Liaison](#) programs are available to partner with your family on your resilience journey.

Teams can build collective resilience

Resilience refers to the capacity one has to recover quickly from difficulties. But what is it called when the "one" becomes "many"? Collective resilience holds people together with social bonds that facilitate recovery and coping mechanisms by providing support to those with similar experiences.

As a leader, Marine, family member, or peer, we all face obstacles that require adaptation and may cause us to shift from our norms. What can we do to be collectively resilient?

Get connected. Marine Corps Community

Services (MCCS) offers programs and resources for Marines and families. Engage with the [Unit, Personal, and Family Readiness Program](#) to learn about resources to foster connections with people who are experiencing similar life events. [Marine Corps Family Team Building's](#) L.I.N.K.S. program can help you build networks of support. Welcome Aboard and Newcomer briefs are great opportunities to learn about local offerings.

Encourage learning and growth. Storytelling is powerful and nurtures an environment of shared understanding. Join a coffee hour with

the [Exceptional Family Member Program \(EFMP\)](#) or a play group to connect with others and learn about different strategies to navigate and cope with challenges. Take part in your [Child and Youth Program](#) Parent Board or check out [School Liaison](#) resources for helping young people connect with other youth.

Celebrate the wins. Overcoming adversity takes conscious effort. Celebrating your progress—whether major or minor—can boost your morale. Building collective resilience takes everyone getting involved. Take a look at the many [MCCS services](#) available and get started.

TRY 'NATURE BATHING' TO RECHARGE AND BUILD RESILIENCE

Have you ever been really stressed or frustrated and decided to take a walk outside to cool down? Or maybe while struggling with a tough decision you went outside to take time to reflect.

Turns out science has your back on these strategies. You reap many benefits by immersing yourself in nature or “nature bathing,” (known in Japan as *shinrin-yoku* or forest bathing).

Nature bathing can decrease stress—and the impacts of stress on your body by lowering your heart rate and blood pressure. Mindfully spending time in nature has been shown to help fight depression, lower anxiety, and boost your immune system and overall well-being. Nature bathing can increase creativity and problem-solving, too.

Practice mindfulness in nature

You’re not alone if you’re skeptical. The last time you did a ruck march or training outside it might not have felt like it relieved a ton of stress. Mindfulness can be the key to getting the full



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benefits of being outside. It’s the act of noticing your current state and surroundings:

- Use all five senses to fully savor the nature around you.
- Take time to really look at and appreciate the blue of the sky or water, the green on the trees, the white of the clouds.
- Listen to the rustling of the leaves, the movements of water, the sounds of animals or insects.
- Feel the wind moving your hair or the sun warming your skin.
- Taste the crispness of the air,

and smell the freshness.

The benefits of mindfulness in nature include much of the **Total Force Fitness** spectrum, including physical, mental, social, and spiritual health. Try these Total Force Fitness strategies to get the holistic benefits of being outside:

Physical fitness: When you can, trade the treadmill or elliptical for running outside. See if your local **Semper Fit** or community has any outdoor fitness stations to move your muscle-building workout outside, too.

Nutrition: Rather than eating lunch at your computer or while watching TV, take it outside! Add local fruits and veggies to your diet to connect with nature using your sense of taste. Use this [mindful eating guide](#) to help.

Social Fitness: Why eat alone when you can ask someone to join you? If you’re single, check out the [Single Marine Program](#). If you live with family or roommate, start taking a group walk after dinner. Or if you’re going to a local business, ride your bikes. Have a walking meeting outside.

[Encourage your kids to get outside, too.](#)

Spiritual fitness: Taking time outside to meditate, pray, or reflect is great way to connect with nature, the universe, or a higher being. Use these [strategies to build your spiritual fitness](#) reflection as a daily outdoor spiritual practice. Talk to your unit chaplain about building your spiritual fitness.

—*Consortium for Health and Military Performance*

Childcare providers support children

Military families face unique circumstances that can impact children’s happiness and well-being. Deployments can also be a difficult time in the lives of military families.

During these stressful events, childcare providers have a special opportunity to support children and families. Childcare providers can help build resilience in children by strengthening the provider/child relationship.

The Center for the Developing Child defines resilience as the “ability to overcome serious hardship.” Childcare providers support children who face stressful challenges by:

- Maintaining consistent classroom routines as much as possible to give children a needed sense of stability and safety.
- Developing children’s social emotional learning. Learning how to get along well with others and being able to identify, control, and express emotions are significant



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contributors to success in school and life.

- Creating a sense of belonging for children and military youth. Installation child development centers welcome children into the program and address them by name. They ensure all children have their own space for their items. The classrooms and programs are decorated with family pictures, artwork, and projects. When children feel supported, it builds their resilience.
- Providing opportunities for children and

youth to talk about what is going on in their lives, but not forcing them to talk. Encouraging children to talk about their feelings and validating them strengthens children's coping skills as they hear that their feelings are normal and accepted.

- Being watchful of changes in children's behaviors over time. Changes in behaviors, for example acting out or withdrawing from peers or caregivers, may indicate that a child needs extra support.

- Encouraging families to connect with other families and community resources. Connecting with others allows families to share experiences and healthy coping strategies. Community resources can partner with families and deliver needed services.

Relationships are the foundation of building resilience in children. Positive caregiving from childcare providers helps build resilience in children and youth. For more information, visit your local [Child and Youth Programs](#).