

PREVENTION IN ACTION

RESILIENCE

Strengthen 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 provides the following 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.

BUILDING RESILIENCE BOOST BOTH YOUR PERSONAL AND PROFESSIONAL SUCCESS BY USING THESE HELPFUL 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:

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| <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • Transition Readiness Program • Unit, Personal, and Family Readiness |
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To download a version of the chart with web links to resources, visit usmc-mccs.org/articles/your-mccs-resiliency-checklist/.

STRENGTHEN YOUR SPIRITUAL FITNESS

When you first hear the word spirituality, you probably think of the practice of a philosophy, religion, or way of living.

However, it can refer generally to that which gives meaning and purpose in life.

Spiritual fitness requires you to assess how you are living up to your own standards and how you are finding fulfillment.

For Service members, it extends to commitment to service and sacrifice, relationships with family, unit, peers, community, nation, and society as a whole.

Take time to build your spiritual fitness and develop the personal character needed to sustain you in times of stress, hardship, and tragedy. Components of spiritual fitness can include:

- Self-awareness, reflection, and meditation
- Relationships beyond self

- Core beliefs: purpose and meaning

- Spiritual beliefs, values, practices, and experiences

Keep the Marine Corps' core values of Honor, Courage, and Commitment in mind.

Upholding those values will help you make choices that build character and resilience.

When you map out your personal meaning and values, it motivates you to pursue goals and strengthens you to endure challenges.

Measure your spiritual fitness by considering these questions:

- Do you believe life has meaning and purpose?
- Do you remain hopeful about life and the future?
- Do you make sound moral decisions guided by core values and beliefs?
- Do you connect with family,



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friends, and the community?

- Do you forgive yourself and others when needed?
- Do you respect yourself and others?

To further assess your spiritual fitness, visit <https://www.fitness.marines.mil/Resilience/Spiritual-Fitness/>.

If you need help building your spiritual fitness, reach out to a chaplain, a faith organization, a [Community Counseling Center](#) counselor, a [Military and Family Life Counselor](#), or the Marine Corps Martial Arts Program. [Semper Fit](#) offers group yoga classes.

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.

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



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for Marines and families. Engage with [Deployment Readiness Coordinators \(DRC\)](#) or Uniformed Readiness Coordinators (URC) to learn about resources to foster connections with people experiencing similar life events.

[Semper Fit](#) and the [Single Marine Program](#) offer opportunities to meet new people.

[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 peers.

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.

Check out the many [MCCS services](#) available and get started.

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 and not intended to be a substitute for professional medical advice, diagnosis, or treatment.

Visit usmc-mccs.org/prevention or click on the QR code to sign up for our mailing list or view past issues. Your email address will be used solely to deliver the newsletter. Opt out at any time by responding to the sender.



SCAN ME

To suggest topics or questions, email hqmcprevention@usmc.mil to suggest topics or ask questions. **To access hot links, right-click on link, copy link, and paste it into a browser window.**

TRY 'NATURE BATHING' TO RECHARGE AND BUILD RESILIENCE

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



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not have felt like it relieved a ton of stress. Mindfulness can be the key to getting the full 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, running 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.

Benefits of mindfulness in nature align with 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](#) has outdoor fitness stations or advice on how 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.

See the article on page 2 for more spiritual fitness resources.

—Consortium for Health and Military Performance

Assist kids in building self-confidence and resilience

Children are motivated when they are doing things enjoyable and personally relevant. Providing choices can help them stay engaged in accomplishing tasks.

Parents can assist their kids in personal development by:

- Allowing children to choose tasks and give input on how to do them.
- Involving children in planning a reasonable timeline and allow them to monitor their own progress.
- Continuing to encourage kids to succeed and describe their progress and accomplishments.

- Letting children give themselves small rewards for completing tasks that are important.
- Providing genuine feedback that is specific to the tasks they wish to accomplish.
- Allowing children to make mistakes and use these as opportunities to learn and create solutions for improvement. If they need assistance with solutions, help them come to a conclusion.
- Helping children tackle a difficult problem one step at a time.
- Assisting them with establishing

reasonable, specific, and short-term expectations of themselves.

[School Age Care](#) (SAC) offers kids from 5 to 12 years old opportunities to experience various fun, engaging, and age-appropriate activities.

SAC implements Boys and Girls Clubs of America programming in the arts, character and leadership development, education and career development, health and life skills, and sports, fitness and recreation.

Additional family resources include: [Military and Family Life Counselors](#), [Community Counseling Program](#), [Family Advocacy Program](#), and [FOCUS \(Families OverComing Under Stress\)](#).

Families can build resilience, too

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, School Liaison Program, Military and Family Life Counselors, Community Counseling Program, Family Advocacy Program](#), and [FOCUS \(Families OverComing Under Stress\)](#) can partner with your family.



PROBLEM-SOLVING STRATEGIES



THE OODA LOOP METHOD: (OBSERVE, ORIENT, DECIDE, AND ACT)

OBSERVE BY COLLECTING NEW INFO:

- What is the problem?
- How does it affect me or others?
- Is there a time constraint?
- Should someone else offer input?
- Is my perception accurate?
- What are potential consequences?

ORIENT YOURSELF BY REFLECTING ON PREVIOUS EXPERIENCES AND OUTCOMES.

- Develop a mental image of the situation.
- Diagnose, recognize, and analyze changes in the environment.
- Reflect on your ethics, morals, and beliefs.
- Consider advice you have received.

DECIDE what to do by using the observations and orientation. Deciding is a continuous cycle of making the best judgment based on the things you know.

ACT by following through with the decision, monitoring the outcome—good or bad—and when needed, cycling back to orient. As things change, so will the course of action.



TAKE ADVANTAGE OF AVAILABLE RESOURCES

- Consult your leadership; be open to suggestions.
- Reach out to your peers; they likely can relate to your situation.
- Talk to a licensed counselor at the your local installation's Community Counseling Center.
- Visit usmc-mccs.org/help to look up contact phone numbers for health and help experts at your installation or visit the Marine Corps Community Center, which has various services and resources.
- If you are thinking about harming yourself, call 911, call the Military Crisis Line (800-273-8255, press 1), contact an Operational Stress Control and Readiness (OSCAR) team member, or contact the MCCS Suicide Prevention Program.
- Connect with the Information, Referral, and Relocation office for community resources

FOR MORE INFORMATION CONTACT YOUR LOCAL INSTALLATION'S BEHAVIORAL PROGRAMS DEPARTMENT



THE IDEAL METHOD

IDENTIFY the problem. Figure out the root cause by digging deeper.

DEFINE the context of the problem. How would you like to see the problem resolved? What obstacles are keeping you from solving the problem?

EXPLORE possible strategies. Brainstorm at least 10 potential solutions to your problem. Remember that the first idea you think of is not always the best.

DEFINE on best solution. Choose the best solution for your problem, but understand you won't find a perfect solution. Once you have made your choice, create an action plan and execute it.

LOOK back and learn. How did your solution work out? Did it solve your problem? If your solution didn't work, go back to the Explore and Act steps. Choose another solution and try again. Or develop another solution based on what didn't work the first time (trial and error).



MENTAL, PHYSICAL, SOCIAL & SPIRITUAL FITNESS

- Manage your stress in healthy ways: Exercise, practice self-care, and talk to people you can trust.
- Increase your physical fitness: Use Semper Fit resources, including the High Intensity Tactical Training (HITT) program.
- Build your spiritual fitness: Talk to the unit chaplain, practice mindfulness, and engage in your core values and beliefs.
- Visit a Marine Corps Community Center, which has various services and resources.
- Connect with others: Join local organizations (e.g., Single Marine Program), volunteer in the community, and participate in recreational sports teams. Know that people are more interested in what you have to share, go meet them.