



# COMPREHENSIVE SOLDIER FITNESS

STRONG MINDS ★ STRONG BODIES

## Master Resilience Training



- Introductions
- Mission
- Module 1 (What is Resilience?)
- Core Competencies
- MRT Skills
- ATC (Activating Events)
- ID ATC
- Summary



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## Mission of Master Resilience Training

- Participants take part in a resilience training to enhance their effectiveness and well-being and to develop their leadership potential.



1. Fully apply yourself while you are participating in this course (turn off cell phones, BlackBerries, etc.)
2. Complete each exercise and activity to the best of your ability.
3. Ask questions.
4. Be receptive.



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## Module One: Resilience



- Participants learn about resilience and the competencies that contribute to resilience: Self-awareness, Self-regulation, Optimism, Mental Agility, Strengths of Character, and Connection. All of the skills that participants learn in the MRT course build resilience by targeting one or more of the MRT competencies.



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# Module One, Unit One: Resilience and MRT Competencies





- B.L.U.F. (Bottom Line Up Front): You can enhance your resilience and effectiveness as a Participant by using skills that build the competencies that contribute to resilience.



## What is resilience?

- Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity.
- It is built through a set of core competencies that enable mental toughness, optimal performance, strong leadership, and goal achievement.



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Resilient people bounce,  
not break.

**You**



**Not You**





- You're juggling work and issues with other guys in your unit, one of your kids keeps getting sick, and a Friend in your unit tells you that your support has made a big difference to him.
- You've been under a lot stress lately, your spouse is starting a new job, and you made a brief to a Commanding Officer that was well-received.



<b>Resilience Myth</b>	<b>Resilience Fact</b>
Never show emotion	Regulate emotion
About the individual	About individuals and relationships
Must handle everything on your own	Asking for help is a resilient strategy
Always act fast	Know when to slow down
Accomplish superhuman feats	Bounce back
Always fully composed	Not always pretty
Have it or you don't	Everyone can develop it
It's a destination	It's a process



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# MRT Competencies

Resilience strengthens 6 Core Competencies



### 1. Self-awareness:

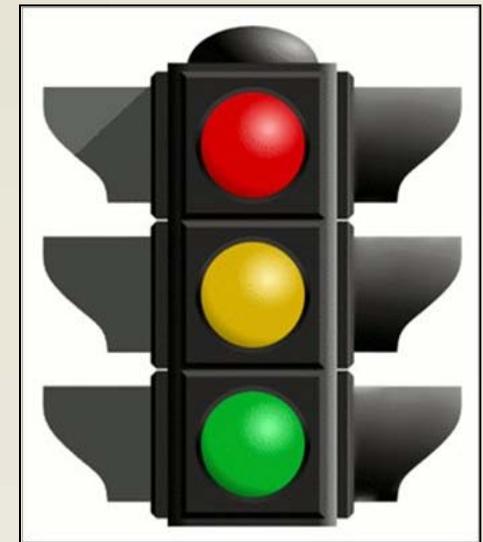
- Identify thoughts, emotions, and behaviors
- Identify patterns in thinking and behavior, particularly counterproductive patterns
- Be open and curious





### 2. Self-regulation:

- Regulate impulses, emotions, and behaviors to achieve goals
- Express emotions appropriately
- Stop counterproductive thinking





### 3. Optimism:

- Hunt for what is good
- Remain realistic
- Identify what is controllable
- Maintain hope
- Have confidence in self and team





### 4. Mental Agility:

- Think flexibly and accurately
- Take other perspectives
- Identify and understand problems
- Be willing to try new strategies





### 5. Strengths of Character

- Knowledge of top strengths and how to use them to overcome challenges and meet goals
- Faith in one's strengths, talents, and abilities
- "I am strong" attitude





### 6. Connection:

- Strong relationships
- Positive and effective communication
- Empathy
- Willingness to ask for help
- Supporting others





- They increase your ability to cope with stress.
- They increase your ability to overcome setbacks.
- They increase your ability to solve problems.
- They increase your ability to remain task focused.
- They increase your ability to perform under pressure.
- They increase your confidence.
- They decrease helplessness, depression, and anxiety.



- **Bounce, not break:** Resilient people bounce, not break, when faced with an adversity or challenge.
- **Can be developed:** Everyone can enhance his or her resilience by developing the MRT competencies.



- **Counteracts the negativity bias:** You can counteract the negativity bias—the tendency to pay more attention to bad events than positive events—by recording three good things on a regular basis.
- **Optimism:** Hunt the Good Stuff builds all of the MRT competencies; Optimism is a primary target.





- Participants will learn seven skills that will make them stronger Soldiers and better leaders by building their mental toughness. These seven skills will also develop their ability to understand the thoughts, emotions, and behaviors of themselves and others.



**Real-time Resilience:**  
Shut down counterproductive Thinking to enable greater concentration and focus on the task at hand.

**Put It In Perspective:**  
Stop catastrophic thinking, reduce anxiety, and improve problem solving by identifying the Worst, Best, and Most Likely outcomes of a situation.

**Problem Solving:**  
Accurately identify what caused the problem and identify solution strategies.

**Energy Management:**  
Regulate emotion and energy levels to enable critical thinking and optimal performance.

**Detect Icebergs:**  
Identify deep beliefs and core values that fuel out-of-proportion emotion and evaluate the accuracy and usefulness of these beliefs.

**Avoid Thinking Traps:**  
Identify and correct counterproductive patterns in thinking through the use of Critical Questions.

**ATC:**  
Identify your Thoughts about an Activating Event and the Consequences of those



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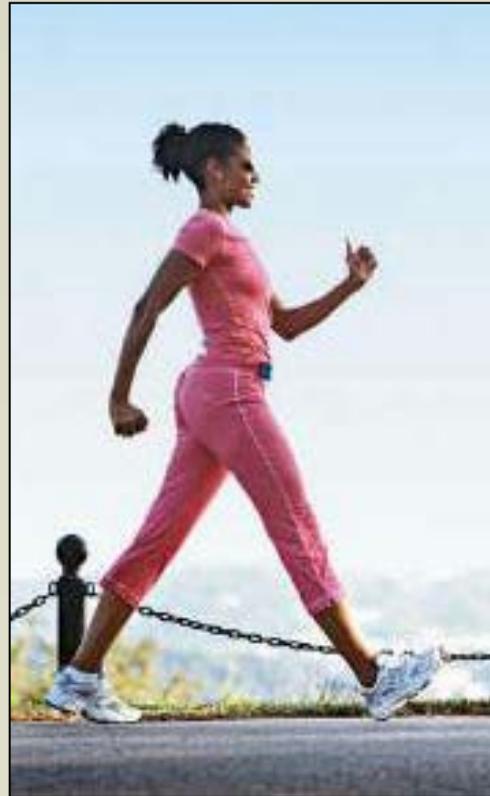
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## Our Model

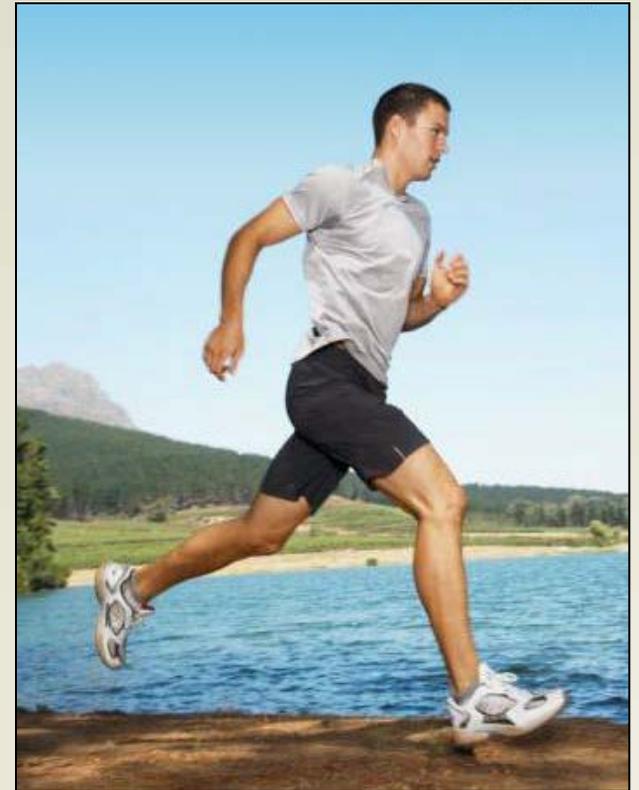
### Crawl



### Walk



### Run





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**Skill mastery requires that you  
know...**

- What is the skill?
- When do I use it?
- How do I use it?



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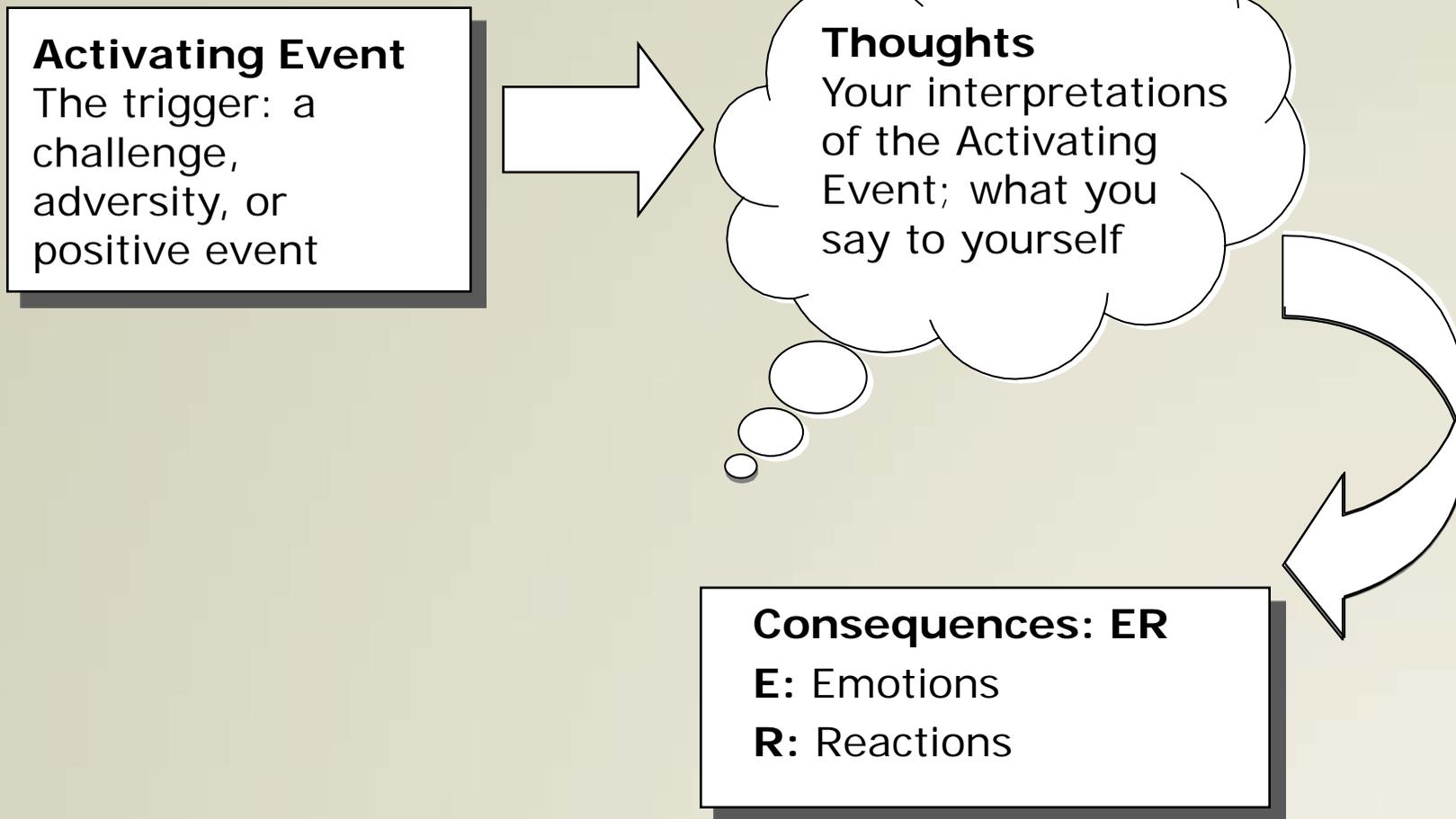
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# ATC





- ATC helps to build Self-awareness.
- Identify your Thoughts about an Activating Event and the Consequences of those Thoughts so you can have greater control over your Emotions and Reactions.





- An Activating Event (AE) is the who, what, when, where.
- An Activating Event is the trigger. The situation can be a challenge, adversity, or positive event.



## Thoughts

- Thoughts are what you say to yourself in the heat of the moment, or your internal radio station.
- Thoughts drive immediate reactions.
- Thoughts can be productive or counterproductive.





- **E**motions: What you **feel** in reaction to the Activating Event.
- **R**eactions: What you **do** in reaction to the Activating Event.



- Which situations do you already handle well?
- Which situations do you need to handle more effectively?



- Emotions are feelings and are usually accompanied by physiological and behavioral changes in the body.
- Examples include anger, happiness, fear, love, etc.



- Break into teams of five.
- On a flip chart, list as many feelings as possible.
- Write positive feelings (e.g., happiness) on the left-hand side and negative feelings (e.g., anger) on the right-hand side.
- Synonyms are okay.
- You have three minutes.
- Go!



- We all have emotions that we handle effectively and other emotions that we don't handle as effectively as we need to.
- Identify your effectiveness with a variety of emotions.



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# Thought-Consequence Connections

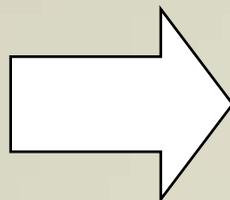
Thoughts	Emotions/Reactions
<p><b>Loss</b> (I have lost something.)</p>	<p><b>Sadness/Withdrawal</b></p>
<p><b>Danger</b> (Something bad is going to happen and I can't handle it.)</p>	<p><b>Anxiety/Agitation</b></p>
<p><b>Trespass</b> (I have been harmed.)</p>	<p><b>Anger/Aggression</b></p>
<p><b>Inflicting harm</b> (I have caused harm.)</p>	<p><b>Guilt/Apologizing</b></p>
<p><b>Negative comparison</b> (I don't measure up.)</p>	<p><b>Embarrassment/Hiding</b></p>
<p><b>Positive contribution</b> (I contributed in a positive way.)</p>	<p><b>Pride/Sharing, planning future achievements</b></p>
<p><b>Appreciating what you have received</b> (I have received a gift that I value.)</p>	<p><b>Gratitude/Giving back, paying forward</b></p>
<p><b>Positive future</b> (Things can change for the better.)</p>	<p><b>Hope/Energizing, taking action</b></p>



- Which emotions do you already handle effectively?
- Which emotions do you need to handle more effectively?



Fight with  
someone you  
care about



I've been harmed,  
trespassed,  
thwarted...



E: frustrated,  
irritated, angry

R:



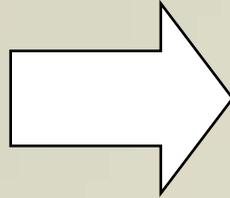
- Some people find that there is a pattern in their Thoughts—that they relate to a certain theme.
- Noticing patterns in your Thoughts can help you to understand why you continually react the way you do.



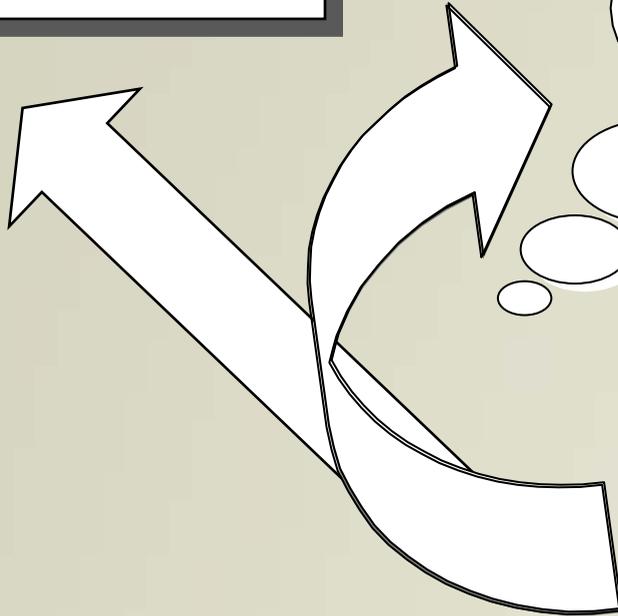


## Self-fulfilling Prophecy

Fight with  
someone you  
care about

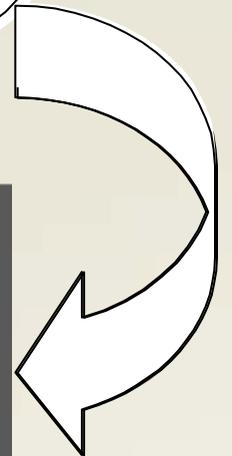


She's always  
getting on my  
case.



E:

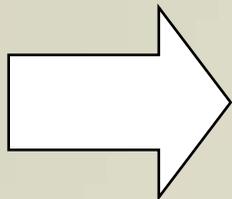
R:



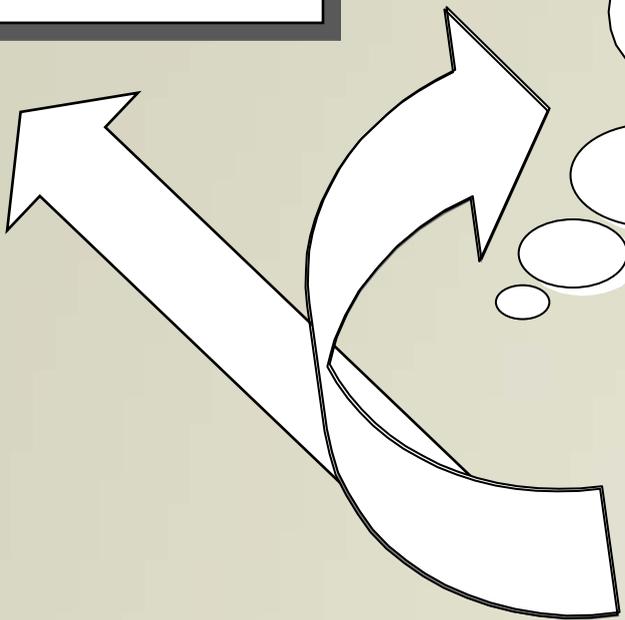


# Self-fulfilling Prophecy

Upcoming  
PT test

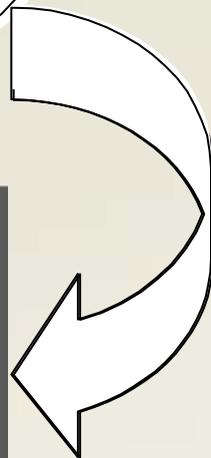


I'm so out of shape.  
There's no way I can  
make that run  
time. It's hopeless.



E:

R:





- To separate the Activating Event, our Thoughts about it, and the Consequences
- To identify patterns in our thinking that make us weaker or decrease performance
- "Anyone can get angry—that is easy—but to get angry with the right person, to the right extent, at the right time, for the right reason, and in the right way is no longer something easy that anyone can do."

—Aristotle



- **Separate A, T, C:** Separate the A from the T from the C.
  - A: Just the facts—who, what, when, where
  - T: Your interpretation, what you say to yourself in the heat of the moment
  - C: Your Consequences (ER)
- **Detect patterns:** Identify any patterns in your Ts that undercut your performance and mental toughness.
- **Self-awareness:** ATC builds all of the MRT competencies; Self-awareness is a primary target.





- Activity:
  - ID ATC one recent Activating Event



## AE (who, what, when, where):

### Thoughts:

What you said to yourself in the heat of the moment

### Consequences:

ER: Emotions, Reactions

Ask yourself: Is my reaction helping or harming?



- What did you learn?
- What patterns, if any, did you notice in your Thoughts and/or Consequences?
- In what ways was your reaction helping or harming you?



- How can you use ATC to enhance your performance?
- How can you use ATC to build stronger relationships?



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# DISCUSSION



**What is the skill?** ATC is a method to identify your Thoughts about an Activating Event and the Consequences of those Thoughts. Our Thoughts are under our control.

**When do I use it?** Use ATC anytime you're curious about your Emotions or Reactions, when you don't like your reaction, or when you're stuck in a pattern and wearing one set of glasses.

**How do I use it?** Describe the Activating Event objectively, identify your Thoughts, and identify your Consequences (ER: Emotions, Reactions).