



M.O.V.E.

OKARNG Fitness Newsletter

Mental & Spiritual Fitness: Resilience

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“Resilience is the ability to face and cope with adversity; adapt to change; recover, learn, and grow from setbacks.”
H2F 3-3

There are many components of resilience. According to Army Resilience online, resilience encompasses: Self-compassion, stress mindset, mindfulness, goal setting, gratitude, counterproductive thinking, realistic optimism, catastrophizing, deliberate breathing, strengthening relationships, and conflict resolution. The Thanksgiving holiday is a perfect chance to practice personal resilience.

**PEOPLE FIRST —
Soldier Recognition:**

Congratulations to the following soldiers for their accomplishment’s at school:

- SSG Hewett** (160th) Distinguished Honor Grad at ALC
- 1LT Thomason** (1- 179th) First in OKARNG to score 600 pts on ACFT
- 7 soldiers** from 1-179th graduated sniper school
- SPC Thompson** (1-179th) earned Top Shooter awards at Squad Designated Marksman School
- SGT Spencer** (1-279th) Honor Grad at Air Assault School

*“In the midst of winter,
I found there was, within me,
an invincible summer.”*
—Albert Camus

To feature a SM’s accomplishment at school, please email 1LT Johnson with the details.
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Challenges: Learn to hunt the good stuff this holiday.

Step 1: Hunt

Go out in the world and deliberately choose to examine your environment from the standpoint of what is right. Each day between Thanksgiving and Christmas, name three things that were good about that day (big or small). You don’t have to turn something bad into something good, just hunt for the good that is already out there. If you have a hard time naming three good things, it is likely the negativity bias is at work and even more reason for you to practice this skill.

Step 2: Reflect

When you name each good thing, pause to relive the moment – paint a vivid picture in your mind and reflect on it. Some possible reflections could include:

- Why are those experiences good?
- Why do those good things matter to you?
- Are there things that you did to set the conditions for those good things to occur?
- Are there things you might do in the future to set the conditions for those good things to occur again?

Last Trivia Answer: Figure 13-1 Circle of Health is found in FM 7-22 p. 13-2

Resources:

- Master Resilience: <https://www.armyresilience.army.mil/index.html>
- OKNG Crisis Services: <https://ok.ng.mil/Home/crisis-services/>
- Suicide Hotlines: <http://suicidehotlines.com/oklahoma.html>
- H2F Manual: https://armypubs.army.mil/epubs/DR_pubs/DR_a/ARN30714-FM_7-22-000-WEB-1.pdf