



UNITED STATES ARMY RECRUITING COMMAND





Manage Your Emotions & Reactions



- Optimism has been called the “engine of resilience.”
- Optimism is a style of thinking that can help keep you and your battle buddy motivated and hopeful when thinking about the future.
- Hunt the Good Stuff is the technique you use to build Optimism.
- Hunt the Good Stuff creates positive Emotion by helping you to notice and reflect on the truly good things in your life.
- Optimism and Hunt the Good Stuff are helpful everyday, but especially when you’re dealing with tough days during BCT.
- During BCT, you’ll have days where you give it your all and you may not do as well as you wanted to.
- It’s important to reflect on the good things that happened each day, but especially on those days when you’re (or your battle buddy is) frustrated or feeling a lot of negative Emotion.
- You and your battle buddy should help each other reflect on how far you two have come since the start of training.

Optimism & Hunt the Good Stuff

- Optimism: hopefulness and confidence about the future or the successful outcome of something
- Hunt the Good Stuff (HTGS): skill that builds optimism by finding and reflecting on the good things is a resilience strategy



- Examples of when it would be helpful
 - At the end of the day
 - With battle buddies

- **Optimism is about:**
 - Remaining realistic
 - Identifying what’s controllable
 - Maintaining hope
 - Having confidence in yourself and your team
- **Hunt the Good Stuff** leads to Optimism and Optimism can result in:
 - Better health, better sleep, feeling calm
 - Lower depression and greater life satisfaction
 - More optimal performance
 - Better relationships

“Perpetual optimism is a force multiplier.”
-GEN (Ret.) Colin Powell

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Counteract the negativity bias with optimistic thinking



- Optimism
 - Remain realistic
 - Identify what's controllable
 - Maintain hope
 - Have confidence in yourself and your team



The negativity bias is the tendency to pay more attention to bad situations and events than good ones.

The negativity bias is why it's easier to remember the one criticism you got and forget the times you were praised or why you can probably name a lot more words for negative moods and Emotions than for positive ones

We all have the negativity bias and it doesn't mean you're weak, it just means you need to build skills like Hunt the Good Stuff thereby increasing your Optimism and strengthening your resilience



Benefits of Optimism



- Optimism doesn't mean ignoring things that are bad or don't go your way.
- Being Optimistic means:
 - Remaining realistic; Optimism must always be wed to reality. Believing you will receive breakfast in bed here on Saturdays is simply unrealistic.
 - Identifying what's controllable. Remember to focus on what you can actually control; accepting those situations and events that are beyond your control is part of being resilient.
 - Maintaining hope. You can counteract the negativity bias with hopeful and Optimistic thinking. Remember: Thoughts drive Consequences, so if you don't have an Optimistic outlook, the negativity bias will ensure that you see all the bad things around you.
 - Having confidence in yourself and your team. Optimism is important for peak physical and mental fitness.





Hunt the Good Stuff builds Optimism



Better health, better sleep,
feeling calm

Lower depression and greater
life satisfaction

More optimal performance

Better relationships



- Because Optimism is so important, you're going to learn to Hunt the Good Stuff, which will help you build and maintain Optimism.
- Hunt the Good Stuff helps to counter the negativity bias and create positive emotion by allowing you to notice and reflect on what is good.
- HTGS is not just about finding that silver lining. It's about noticing and reflecting on the truly good things that happen in each day. Soldiers need to hunt for what is good because the negativity bias will find them.
- The fact is that many people spend far more time thinking about how something went wrong or could have gone better, than they do noticing and enjoying what has gone right.
- You can be a more effective Soldier by maintaining hope and identifying the areas where you have control.
- Optimism and hope will help to keep you motivated and make you willing to work hard under tough circumstances.



Hunt the Good Stuff



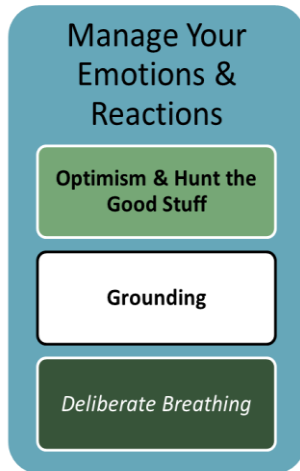
- Think of 3 good things that happened today and write them down.
- Next to each positive event that you list, write a reflection (at least one sentence) about all or some of the following:
 - Why this good thing happened?
 - What this good thing means to you?
 - What you can do tomorrow to enable more of this good thing?
 - What ways you or others contributed to this good thing?



Grounding



- Grounding: a resilience skill used to regain your focus, and control your energy levels



- Examples of when it would be helpful
 - When your mind is wandering away from the task at hand
 - When taught to a battle buddy who is anxious or nervous and needs to calm down

- Its main purpose is to bring your focus back to the here and now
- Grounding works by:
 - Controlling your arousal
 - Counteracting the negative effects of adrenaline
 - Helping you to focus on the task at hand

- Grounding helps bring your focus back to the present by controlling your arousal and counteracting negative effects of adrenaline
- Do 3x3 exercise to ground — Identify 3 things you can:
 - See
 - Hear
 - Feel (physically)





Achieve Your Goals



Achieve Your Goals

Goal Setting

Goal Setting: A resilience skill to help you identify your goals and develop a plan to achieve them

- Examples of when it would be helpful
 - When you start something new (such as school, the Army)
 - When you need to train for a major physical event (such as the APFT)



Goal Setting

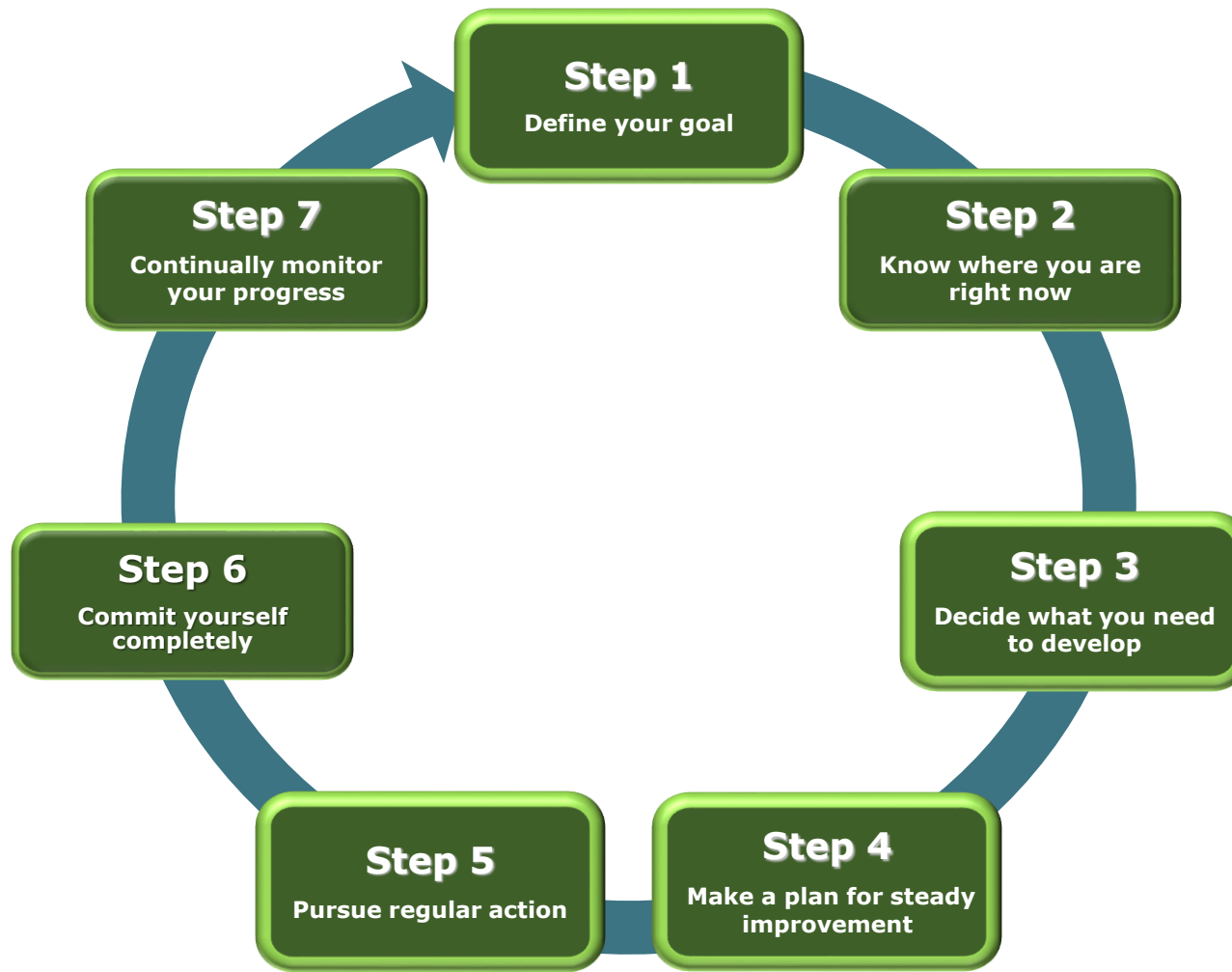


- Create a plan to help you achieve your goal
 - Big goals → motivation
 - Smaller goals → day-to-day focus
 - Pursuing, achieving goals → confidence

- Today:
 - ✓ APFT goal
 - ✓ Priority areas
 - ✓ SMART action statements
 - ✓ Self-Talk



Goal Setting Process





Imagery and Routines in Review



- Before the Event: “**Ready**” Your **I**thoughts
 - Use productive Self-Talk
 - Use Imagery to visualize all three stages
 - Keep it simple
- Just Before the Event: “**Set**” Your **E**nergy
 - Embrace nervousness
 - Be comfortable being uncomfortable
 - Deliberate Breathing
- During the Event: Focus **A**ttention and “**Go**”
 - Focus on your WIN to help you fire your weapon
 - Fire with your eyes, not your brain



“Excellence is an art won by training and habituation.... We are what we repeatedly do. Excellence, then, is not an act but a habit.” -Aristotle

- Pick your goal
- Break your big goal down into at least 2 short-term goals (daily or weekly)
 - Think about areas where you need to improve
 - Get help from a battle buddy
 - Connect to your goal every day
- Write 2-3 SMART action statements for each sub-goal
 - **S**pecific
 - **M**easurable
 - **A**ction-Focused
 - **R**elevant
 - **T**ime-Bound
- Write one effective Self-Talk sentence for each of your sub-goals to encourage yourself



Big Goal		270 on APFT
Short-Term Goal: (3-4 to help you achieve your big goal)		<i>I will eat more nutritious meals in the DFAC until the final APFT.</i>
SMART = S pecific, M easurable, A ction-Focused, R ealistic, T ime-Bound (3-4 per short-term goal)	SMART Action 1:	<i>I drink at least 80 ounces of water a day.</i>
	SMART Action 2:	<i>I eat 60% clean carbs, 30% healthy fat, and 10% lean protein a day.</i>
	SMART Action 3:	<i>I drink no more than one sports drink a day.</i>
Self-Talk Statement: (One to stay motivated and energized)		<i>At meal times, I tell myself that I expect great things out of my body so I put only great things in my body.</i>





Goal Setting Example #1



Goal	<i>270 on APFT</i>
Short-Term Goal A: Help you achieve the big goal (at least 3)	<i>I will eat more nutritious meals and snacks in the next four weeks than I did the last four weeks</i>
SMART Action 1:	<i>I drink no less than 80 ounces of water a day</i>
SMART Action 2:	<i>I eat 60% clean carbs, 30% healthy fat, and 10% lean protein every day</i>
SMART Action 3:	<i>I drink no more than one sports drink a day</i>
Self-Talk: (1 per short-term goal)	<i>At meal times, I tell myself that I expect great things out of my body so I put only great things in my body</i>
Short-Term Goal B: Help you achieve the big goal (at least 3)	<i>I will reduce my run time by 30 seconds</i>
SMART Action 1:	<i>I run at least 3 miles twice a week</i>
SMART Action 2:	<i>I go for a longer run of more than 3 miles every other weekend</i>
SMART Action 3:	<i>I ice my knees after every run that's longer than a mile</i>
Self-Talk: (1 per short-term goal)	<i>When I get tired of running, I remind myself that I get stronger and more prepared with each step</i>
Short-Term Goal C: Help you achieve the big goal (at least 3)	<i>I will improve my attitude and believe in myself</i>
SMART Action 1:	<i>I practice confident Self-Talk deliberately at least 5 times a day</i>
SMART Action 2:	<i>I pay attention to my Self-Talk and make sure it's helping me accomplish my goals</i>
SMART Action 3:	<i>I remain optimistic by Hunting the Good Stuff every night before bed</i>
Self-Talk: (1 per short-term goal)	<i>Before bed, I remind myself that I am prepared, I am confident, and I am capable</i>

Focus Attention and Let "Go"

- When it's time for the event, focus attention where you need it, on **the WIN that helps you fire your weapon**
- Then let **"Go"** and **fire with your eyes and not your brain**



Attention to WIN:
*Breathe, Relax,
Aim, or Squeeze*





“Set” Your Energy



2

- Just before the event, **Embrace your nervousness**
 - Accept and thank your body for the extra adrenaline
- Be comfortable being uncomfortable
- **Deliberate Breathing**
 - “Stop, Unlock, and Breathe”
- Include this stage in your Imagery



Goal	<i>Successfully negotiate the LandNav course within the allotted time</i>
Short-Term Goal A:	<i>I will increase my comfort in the basic use of a military map by 2 weeks prior to the course</i>
SMART Action 1:	<i>I identify map marginal info on 2 military maps each night</i>
SMART Action 2:	<i>I determine the scale of the map and corresponding protractor grid scale and placement for 2 maps each night</i>
SMART Action 3:	<i>I convert grid north to magnetic north and reverse on 2 maps each night</i>
Self-Talk:	<i>I tell myself I'm not alone, my battle buddy is part of my team. I have my battle buddy's back and my battle buddy has mine</i>
Short-Term Goal B:	<i>I will become proficient in plotting points and measuring distances on a military map 2 weeks prior to the course</i>
SMART Action 1:	<i>I ID 6 digit grid coordinates for 2 start and end points on a map each night with a battle buddy</i>
SMART Action 2:	<i>I measure 2 straight and 2 curved line distances on a map each night with a battle buddy</i>
SMART Action 3:	<i>I orient the map I am working with to the ground each night until the LandNav course</i>
Self-Talk:	<i>I tell myself that slow is smooth, smooth is fast. The more accurate I am, the less time I will need</i>
Short-Term Goal C:	<i>I will increase my personal Land Navigation confidence by 1 week prior to the course</i>
SMART Action 1:	<i>I pace count known distances in various terrain while walking and running at locations available in the company area each night</i>
SMART Action 2:	<i>I practice Deliberate Breathing for 5 minutes before I practice my LandNav skills each night and throughout my practice time</i>
SMART Action 3:	<i>I imagine myself successfully completing the LandNav course for 10 minutes before I go to sleep each night</i>
Self-Talk:	<i>I tell myself I've practiced with my battle buddies over and over so I'm ready. I trust my training.</i>



Goal Setting Practice—Army Career



Using a Routine

- You already use routines, but now you will consciously create one for RM
- Firing routines improve performance because they:
 - Help you focus on how you shoot, not the results
 - Keep your mind on the present mission
- To develop an effective firing routine:
 - Shoot and think the same way every time
 - Keep your Thoughts simple
 - Practice and rehearse it often

Gladiator Routines





Goal Setting Practice



- Science shows Goal Setting works
 - Study of BCT Soldiers like you showed that those who did this Goal Setting lesson did better on their APFT (push-ups, sit-ups, and run) than those who did not
- We will focus on APFT as we work through the goal setting model





Imagery and Routines Overview



- What is it?
 - **Imagery:** Purposeful daydreaming or visualization to help you get ready for an event
 - **Routines:** Standard procedures
- How does it work?
 - Use Imagery to develop a routine
 - **Imagery**
 - Brain can't tell the difference between reality and an imagined event so your body responds like the event is real
 - Improves "muscle memory," strengthens the mental blueprint of skills
 - **Routines:** Actions done so often in a particular order to prepare you mentally and physically to perform so that you can focus on WIN
Using Mental Imagery
- Elite athletes, very successful people report using Imagery
 - Michael Phelps
 - Jim Thorpe
- Mental imagery + physical practice are best
 - Mental Imagery is better than nothing
- Science shows highly skilled individuals use Imagery more than less-skilled people



Hunt the Good Stuff Journal



Instructions: To Hunt the Good Stuff, record three good things each day

- Next to each positive event you list, write a reflection (at least one sentence) about ONE of these things:
 - Why this good thing happened
 - What this good thing means to you
 - What you can do tomorrow to enable more of this good thing

"He's the best I've ever seen and maybe the best ever in terms of visualization. He will see exactly the perfect race. He'll see it like he is in the stands and he'll see it like he's in the water."

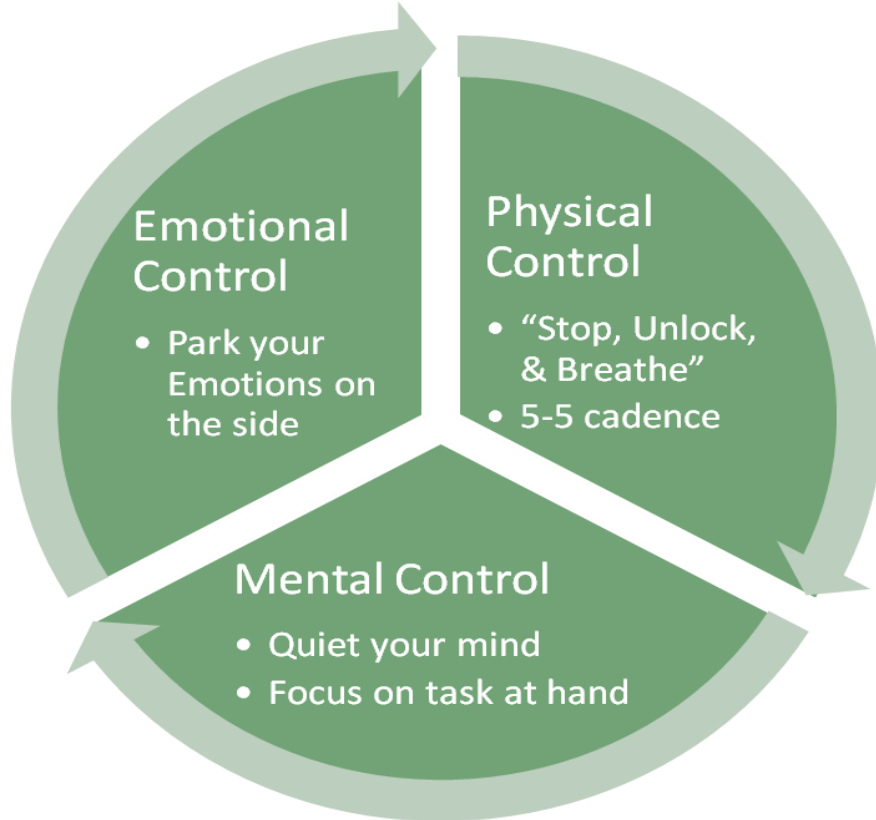
-Bob Bowman, coach of Olympic swimmer Michael Phelps



"A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties." -Harry S. Truman



Hunt the Good Stuff Practice



Deliberate Breathing in Review

- **Practice Deliberate Breathing BEFORE** challenges to build and access your Composure Under Fire
- Choose from three different topics to think about during Deliberate Breathing
 - 5-second cadence
 - Physical sensation
 - Relaxation cue
 - Positive emotion



Deliberate Breathing Practice



- Deliberate Breathing focused on a **5-second cadence**
- Deliberate Breathing focused on a **physical sensation**
- Deliberate Breathing focused on a **relaxation cue**
- Deliberate Breathing focused on a **positive emotion**



Record any notes you have about practicing Deliberate Breathing (such as the cues you used or which method you liked best):



Hunt the Good Stuff Practice



Physical Control

- Get it by using a “**tactical pause**”
- Embrace the phrase “**Stop, Unlock, and Breathe**”
 - **Stop**—sit still, uncross legs and arms to promote circulation
 - **Unlock**—let go of unnecessary muscle tension and physical stress
 - **Breathe**—breathe slow, low, and deep
 - “**5-5 cadence**” - five-count inhale and five- count exhale



Mental Control

- **Mental control**—quiet the analytical mind, focus on what’s happening now (the feel and rhythm of your breath)



Emotional Control

- **Emotional control**— “park” your counterproductive emotions in a parking lot nearby

“When you own your breath, nobody can steal your peace.” -Author Unknown



Hunt the Good Stuff Practice



Benefits of Deliberate Breathing

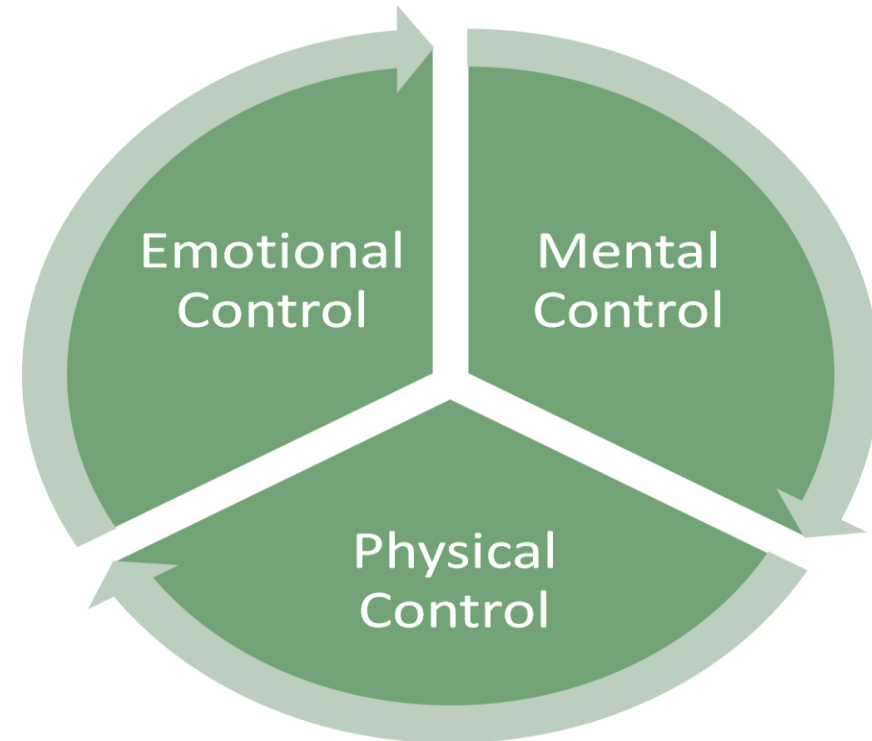
Scientifically-Supported Benefits	Targets of Opportunity
Improves memory and recall	CBRN Chamber, CLS written exam, Warrior basic knowledge
Improves decision making and mental agility	CBRN Chamber, Confidence Obstacle Course (COC), FTX
Improves alertness, focus, and concentration	CBRN Chamber and everything else
Improves coordination on fine motor tasks	RM
Improves recovery following gross motor tasks (<i>like crawling or running</i>)	APFT, COC
Improves emotional control during stressful situations	COC, RM
Reduces fatigue during longer operations	APFT, COC, Field Marches, FTX

Hunt the Good Stuff Practice



Deliberate Breathing Overview

- **Composure under fire** may be learned
 - Train it and build it by using Deliberate Breathing
- How does **Deliberate Breathing** work?
 - Combines **physical, mental, and emotional control**
 - Focuses Thoughts in order to avoid “paralysis by analysis”
 - Directs Thoughts to what you need to focus on in the moment

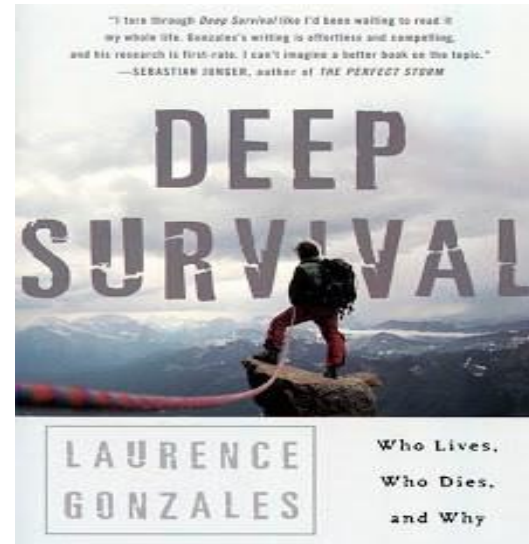




Deep Survival & Deliberate Breathing



- Deliberate Breathing helps you build, access “Composure Under Fire”
- **Composure under fire** or **inner cool** refers to a cool, calm, and confident attitude that helped people survive traumatic situations (according to Gonzales)
- What is **Deliberate Breathing**?
 - A way to gain physical, mental, and emotional control under extreme stress, if practiced and rehearsed in advance
 - A way to channel Inner Cool
 - Not *just* deep breathing
 - Use before key BCT / OSUT events (like CBRN Chamber)



Adjust Your
Emotions &
Reactions

Optimism & Hunt
the Good Stuff

Grounding

Deliberate
Breathing

“\$*#@ does just happen sometimes... There are things you can’t control, so you’d better know how you’re going to react to them... But there are also the things you can control, and you’d better be controlling them all the time.” -Laurence Gonzales, *Deep Survival*



Mini-Module: Deliberate Breathing



Mini-Module: Attention Control and Confidence





Attention Control and Confidence in Review

- Attention is limited so you have to focus on **WIN**
- Build confidence through:
 - **Personal experience**
 - **Physical state**
 - **Observing others**
 - **Self-talk**
- Use productive, effective Self-Talk to replace fearful thoughts and coach yourself and your buddy through key events



Attention Control and Confidence Overview

- What is it?
 - Attention control means paying attention to the most important things around you
 - Building confidence helps you improve your performance by reducing doubt that can distract you
- How does it work? -
 - Focus on **W**hat's Important **N**ow
 - Build confidence in 4 ways

Attention is a Limited Resource

- Research shows that people using cell phones while driving are:
 - 2x more likely to miss traffic signals
 - When they do see the traffic signal, reaction time is slower
- Perform your best by focusing your limited attention on the task at hand

NOTICE



Please,
No Cell Phone
Use While Driving

"If there is a secret for greater self-control, the science points to one thing: the power of paying attention." -Kelly McGonigal, *The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It*



More Effective Thoughts & Self-Talk



- To focus your attention on the task, think WIN - **W**hat's
 - **I**mportant
 - **N**ow
- For example, think about climbing the cargo net rather than how you got off to a slow start
- Focus on what you can do and/or control now

Confidence

- **Confidence:** Degree of certainty about your ability to execute action to produce an outcome
- 4 sources of confidence
 1. Personal experience
 2. Physical state
 3. Observing others
 4. Self-Talk

Adjust Your Thoughts

- Restructure Your Thoughts
- Acceptance (Accepting Reality)
- Self-Talk
- Attention Control & Confidence**
- Imagery & Routines

The wall hanger is just like the monkey bars!



Companies pay lots of money for team-building courses like this!

People do this all the time for the Warrior Dash—and they LOVE it!

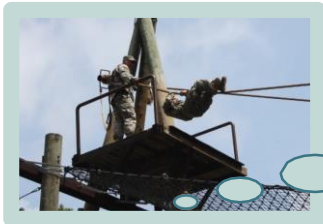




Fearful Thinking and Self-Talk



I'm not strong enough for this!



Obviously, I'm supposed to become Tarzan to get through this!

It would be easier to scale the Empire State Building!



Record some fearful Thoughts you might be having about the major event:

Personal Experience

- **Past experience** can help you feel confident
 - Success builds enthusiasm, optimism
 - Failure builds competence, helps you make adjustments

What have you already accomplished in BCT / OSUT and/or in your life up to this point that might help you feel confident in your ability to complete BCT / OSUT?

Physical State

- How you feel when you're tired and hungry versus well-rested, prime physical condition
- **Feeling physically ready** helps you feel confident
- Anxiety can also reduce confidence, but you can fight it with Deliberate Breathing (or deep

How do you want to physically feel before important BCT / OSUT events?





Observing Others

- Gain confidence by **observing someone else's performance**, so watch other people while you wait for your turn
- When you see someone who has **similar abilities to you**:
 - Gain confidence when they succeed
 - Get information about ways to adjust and perform better if they fail

Record an example of when you felt more confident after watching someone else do something:

Self-Talk

- Use **Self-Talk to focus on the task** and help you rely on your training for optimal performance
 - For example, you can say to yourself:
 - *"I can do this"*
 - *"I am trained for this"*
- Use **Productive Self-Talk to walk yourself through the event**, then walk your buddy through it

Record some effective Self-Talk statements you might use to walk yourself through the Confidence Obstacle Course: