



UNITED STATES ARMY RECRUITING COMMAND





Introduction



- Today you'll be introduced to the concepts of resilience, buddy aid, and reactions to situations and events.
- You'll learn some resilience skills and get a preview of those you'll hear more about later on in BCT.



COMPREHENSIVE SOLDIER & FAMILY FITNESS

BUILDING RESILIENCE ★ ENHANCING PERFORMANCE

Resilience Training for Basic Combat
Training / One Station Unit Training



“We have to take our Soldiers from the time they come into the Army and build resiliency within them all the way until the time they get out.” -Gen. John F. Campbell, Vice Chief of Staff of the Army



Basic training is tough



- BCT challenges probably aren't news to you...
 - Tough physical training
 - Being away from Family and friends
 - Limited control over your schedule, what you eat, etc.

- You can't necessarily rely on the ways you used to cope with stress

- This training builds resilience skills for Basic Combat Training and your time in the Army
 - Basic Combat Training is designed to be intense and stressful in order to prepare you for the rigors of combat and operational deployments.
 - BCT helps you build your mental fitness and resilience so you can function well and be effective in these stressful situations and environments.





Stress



- Do you enjoy roller coasters?
- Do you find them stressful?
- What makes them stressful?
- Stress is not always a bad thing

Why do you think multiple responses would occur if you were in a large audience?

It is the same event... but is it the same experience for all of us?

Your responses to the question about roller coasters shows how important your perception is.

Perceptions may be based on life experiences or finding yourself temporarily “outside of your comfort zone.”

Individuals are different and find different things stressful.





Not all stress is bad



How do you think stress helps competitive gamers?

- There's a misconception that all stress is bad, destructive, or needs to be avoided. The truth is, some stress can actually help you perform better.
- For example, if you have a big test coming up tomorrow, it would be good to be a little stressed because that stress would motivate you to study.
- A certain amount of stress can help you perform at a higher level.
- How you think about the stress you face can actually help you deal with it.



The Mental Fitness Continuum



ATTITUDES

*Realistic optimism	*Positive attitude	*Poor attitude/unmotivated	*Negative attitude	*Overt negative attitude
*Optimal use of mental skills	*Good concentration	*Procrastination	*Poor concentration/decisions	*Can't concentrate
*Focused	*Mentally in control	*Forgetful	*Many intrusive thoughts	*Unable to control intrusive thoughts
		*Critical		
		*Some intrusive thoughts		

EMOTIONS

*Positive mood	*Normal mood fluctuations	*Irritable/impatient	*Anger	*Rage/aggression
*Patient		*Nervous/worried	*Anxiety/fearful	*Intense anxiety/panic
*Good sense of humor	*Calm & takes things in stride	*Sadness/stressed	*Sad/hopeless	*Depressed/suicidal thoughts
	*Some humor	*Withdrawn		
		*Inappropriate sarcasm		

PHYSICAL REACTIONS / BEHAVIOR

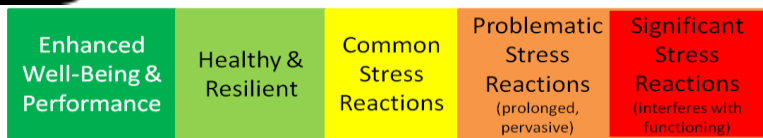
*Peak performance	*Functioning well	*Some problems in work performance	*Poor performance	*Can't perform
*Engaging in healthy habits	*Avoiding unhealthy habits	*Some unhealthy habits	*Unhealthy habits	duties, control behavior
*Good sleep	*Few sleep problems	*Trouble sleeping	*Disturbed sleep	*Destructive habits/risk-taking
		*Nightmares	*Some nightmares	*Sleeping too much or too little
			*Overly stubborn/slow behavior	*Recurrent nightmares

- The Mental Fitness Continuum is everything between significant stress reactions and an enhanced well-being and performance. The continuum is that which exist between the two different possibilities.
- Individuals can move back and forth across the continuum throughout the day.
- It's important for you to be aware of the signs that may indicate that you or your battle buddy might need to employ some additional coping strategies or seek assistance to maintain mental fitness.
- Some of those signs are listed under the red (significant stress reactions) and orange (problematic stress reactions) sections of the continuum.





The Mental Fitness Continuum cont.



ATTITUDES

*Realistic optimism	*Positive attitude	*Poor attitude/unmotivated	*Negative attitude	*Overt negative attitude
*Optimal use of mental skills	*Good concentration	*Procrastination	*Poor concentration/decisions	*Can't concentrate
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PHYSICAL REACTIONS / BEHAVIOR

*Peak performance	*Functioning well	*Some problems in work performance	*Poor performance	*Can't perform duties, control behavior
*Engaging in healthy habits	*Avoiding unhealthy habits	*Some unhealthy habits	*Unhealthy habits	*Destructive habits/ risk-taking
*Good sleep	*Few sleep problems	*Trouble sleeping	*Disturbed sleep	
		*Nightmares	*Some nightmares	*Sleeping too much or too little
			*Overly stubborn/slow behavior	*Recurrent nightmares

Scenario

For example, you wake up in the morning with a positive attitude looking forward to the day. Suddenly your Drill Sergeant enters the bay yelling and telling the platoon, you are moving like pond water and you have 15 minutes to be in formation.

Your battle buddy begins riding you and telling you to hurry up. When you make it downstairs to formation, you realize that you have forgotten your ID tags.

Where was this Soldier on the continuum when he woke up this morning?

Isn't green the zone of the continuum that we would all like to be in?

Where is this Soldier while standing in formation?

Would you like to be stuck here for the rest of day, week, or month?

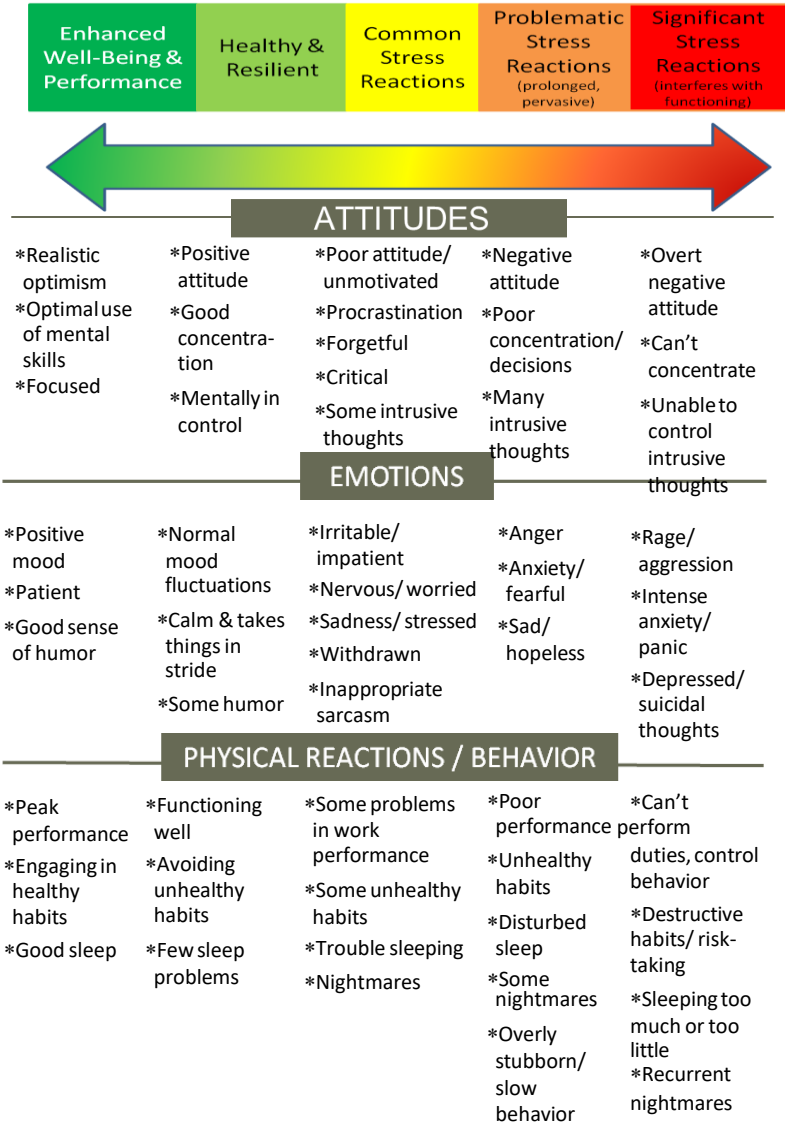




The Mental Fitness Continuum cont.



- You can return to the green zone, but the time and intervention required increases as you move right through the yellow, orange, and red zones of the continuum.
- Knowledge of the mental fitness continuum will allow you and your buddies to track your mental state throughout BCT and life.
- Knowledge of the Mental Fitness Continuum and the skills you are about to learn will help build your resilience throughout BCT.

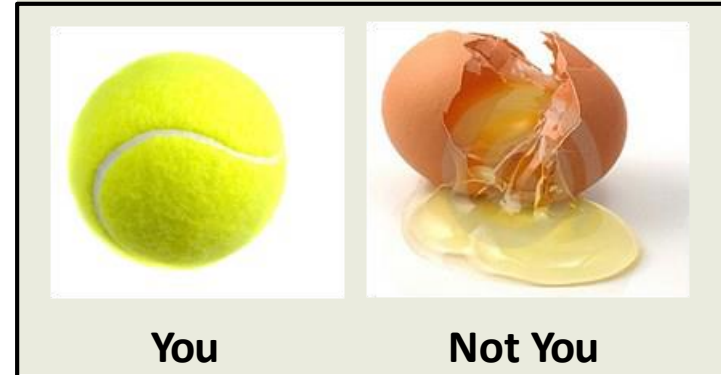




Resilience



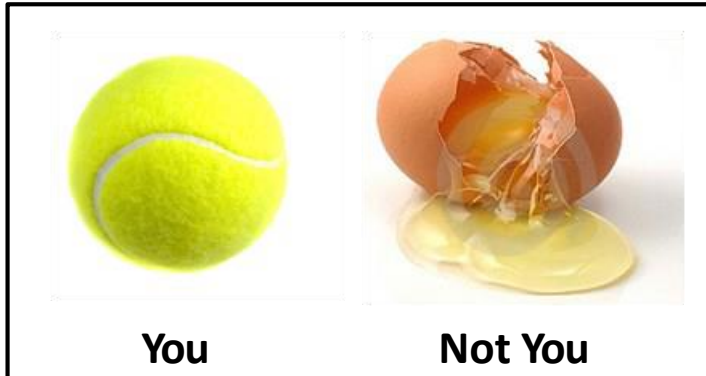
- Resilience can help you respond better to challenges and adversity. Instead of breaking when faced with a tough situation, you want to bounce back like a tennis ball...
- Resilience may be best defined as, “The ability to withstand, recover and grow in the face of stressors and changing demands.”
- Resilient Soldiers bounce, not break, when faced with adversity or challenges.
- You can always enhance your resilience and effectiveness as an individual and as a Soldier.
- It is not just the fortunate few who can be resilient – these are skills anyone can learn.



- **Resilience** is the ability to withstand, recover, grow, and thrive in the face of stressors and changing demands.
- Instead of breaking when faced with a tough situation, resilient Soldiers bounce back like a tennis ball.
- Stuff happens and BCT / OSUT is going to be tough, but you can control how you respond.
- It's not just the fortunate few who can be resilient – these are skills anyone can learn.
- That's why you are receiving this training. It's designed to develop resilient Soldiers.



Resilience continued

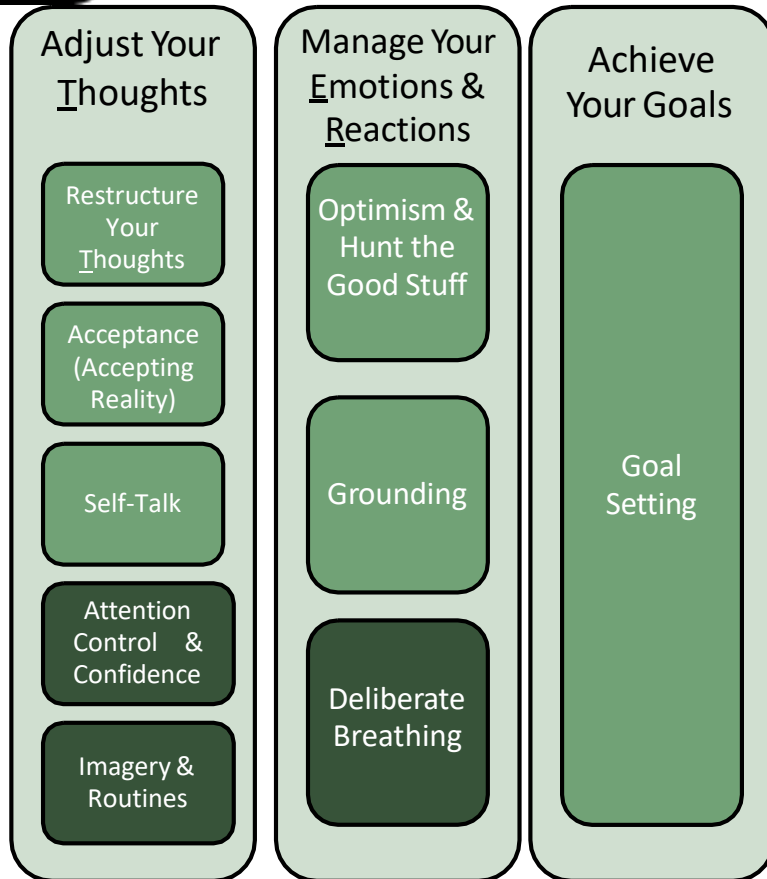


- This training is designed to develop resilient Soldiers who..
 - Function well under high-intensity situations
 - Sustain mental fitness
 - Bounce back from adversity
 - Take care of themselves and their battle buddies

- This training is designed to develop resilient Soldiers who:
 - Are able to function well under stress
 - Are able to sustain mental fitness, even in the face of high-intensity situations
 - Are able to “bounce back” from adversity (like the tennis ball)
 - And are able to take care of themselves and their battle buddies.
- Remember that although BCT is hard, thousands successfully make it through each year.
- Recognize that your Drill Sergeants are here to help you succeed in BCT, not to “weed you out.” You’re qualified to be here and your Drill Sergeants expect you to be successful.



Resilience Skills You Will Learn



Note: The skills in the dark green boxes are those you will learn in mini-modules later on in BCT / OSUT.

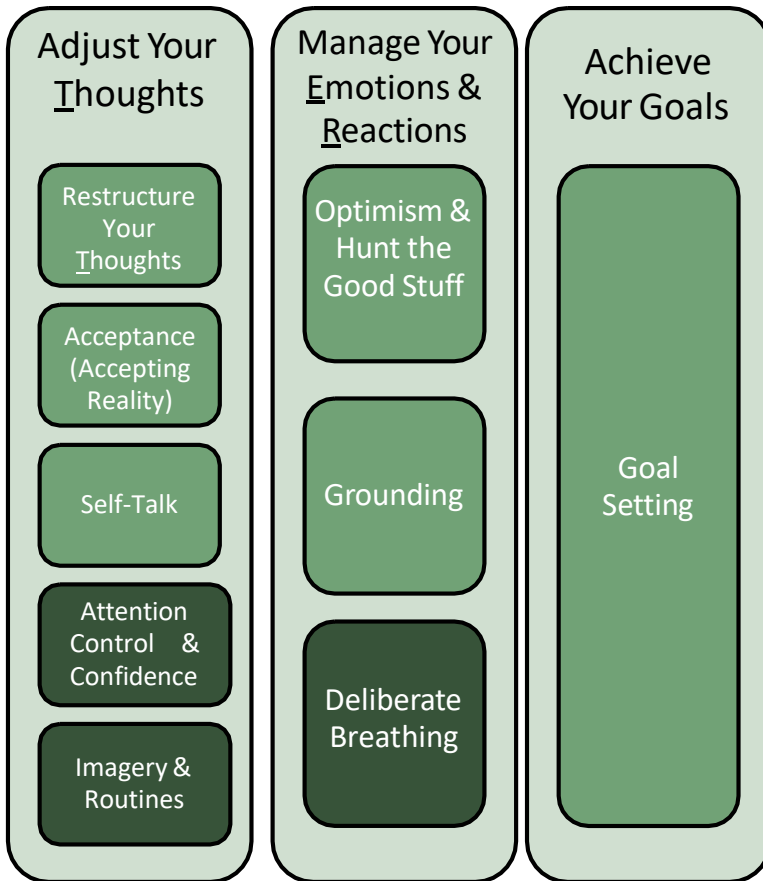
- Each of these skills is something that you can do by yourself in just a few minutes to help you deal with the stressful things happening to and around you, especially situations and events that you cannot control.
- The skills listed in the dark green boxes on this slide are those that you will learn about in more detail before an important BCT training event. These Mini-Modules are mentioned here so you can see you'll learn more resilience skills during your time in BCT.

Each of these skills is something that you can do by yourself in just a few minutes to help you deal with the stressful things happening to and around you, especially situations and events that you cannot control.





Resilience Skills You Will Learn



- Take a look at the column to the left.
- We'll begin discussing these skills with "Adjust Your Thoughts."
- But before we talk about the skills to help you Adjust Your Thoughts, we should talk about some of the reasons why you might need to do this.
- The main reason is that your initial Thoughts & Reactions to a situation or event are not always optimal or helpful.
- But as you will see, you have a powerful brain.

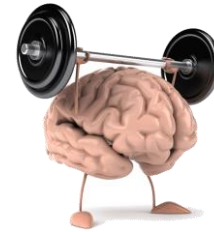


Brain Power



I cdnuolt blveiee taht I cluod aulatlcy uesdnatnrd waht I was rdanieg. The phaonmneal pweor of the hmuan mnid, aoccdrnig to rscheearch at Cmabrigde Uinervtisy, manes it dseno't mtaetr in waht oerdr the ltteres in a wrod are, the olny iproamtnt tihng is taht the frsit and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you cna sitll raed it whotuit a pboerlm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe.

Azanmig hhu? Yaeh, and I awlyas tghuhot slpeling was ipmorantt!



- Take a look at the paragraph on this slide.
- What language is this? English?
- It's interesting that although you've never been taught to read words like this, you are likely able to read it pretty easily.
- Your powerful mind can do many amazing things that will be helpful to “punch through” the distortions and come up with the right answers.
- Like many things that you will encounter during BCT, there will be things you have never done before. Because much of this stuff is new to you, you might even doubt you can do it.
- As you just saw, your brain is powerful and you really can do things you didn't think you could.
- Now let's look at a model that involves your thoughts.



Activating Event, Thoughts, & Consequences



ATC stands for Activating Event-Thoughts-Consequences.

The skill of ATC will help you identify your heat-of-the-moment Thoughts about an Activating Event and how those Thoughts drive the Consequences.

An Activating Event is the “trigger” that leads to Thoughts.

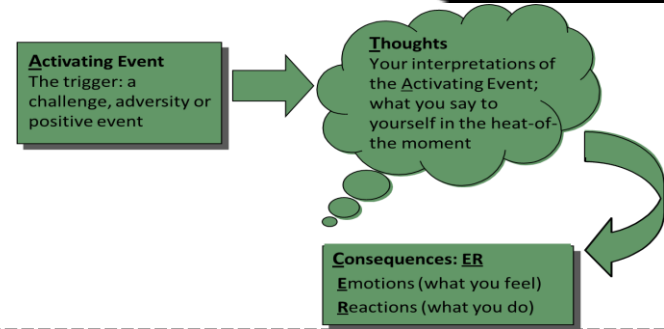
It is the “who, what, when, and where.”

This can be a situation or event that is seen as a large adversity (such as the death of someone you care about or a misplacing your rifle), a minor issue (such as your boot laces being out or forgetting to fill up your canteen before formation), or it can even be a positive event (such as the entire platoon qualifies the first time during weapons qualifications).

Thoughts are your interpretations of the Activating Event.

Thoughts are what you say to yourself in the heat-of-the-moment about the Activating Event.

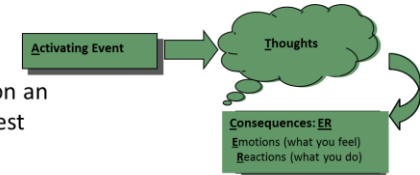
Your Thoughts are the area over which you have the most control.



COUNTERPRODUCTIVE

▪ **Activating Event:**

You performed poorly on an Army Physical Fitness Test (APFT) event



– **Thoughts:**
“I can’t do this”

– **Thoughts:**
“I’m not cut out for the Army”

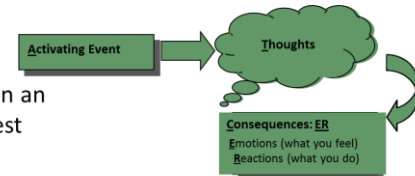
Consequences:
• **Emotions:** Sad
• **Reactions:** Withdraw

Consequences:
• **Emotions:** Hopeless
• **Reactions:** Give up

PRODUCTIVE

▪ **Activating Event:**

You performed poorly on an Army Physical Fitness Test (APFT) event



– **Thoughts:**
“Everyone has something they struggle with”

– **Thoughts:**
“If I practice, I can do better”

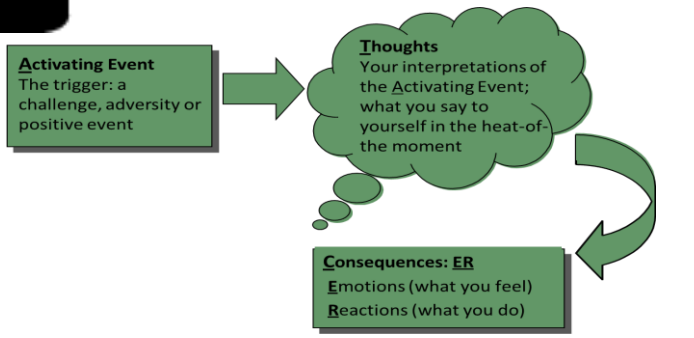
Consequences:
• **Emotions:** Disappointed
• **Reactions:** Try harder

Consequences:
• **Emotions:** Hopeful
• **Reactions:** Stay motivated



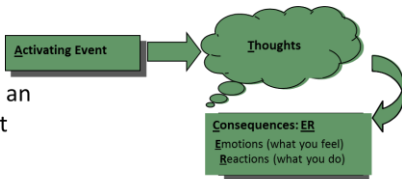


The ATC Model



COUNTERPRODUCTIVE

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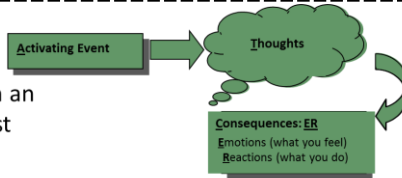
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Consequences:
• **Emotions:** Disappointed
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Consequences:
• **Emotions:** Hopeful
• **Reactions:** Stay motivated

- Consequences are driven by the heat-of-the-moment Thoughts.
- Consequences are made up of two parts, our Emotions (what we feel) and our Reactions (what we do) in response to the heat-of-the-moment Thoughts, that were triggered by the Activating Event.
- Although it often feels that our Emotions (what we feel) and Reactions (what we do) are driven by the situation itself (Activating Event), it’s actually that your Consequences are driven by what you say to yourself in the heat-of-the-moment (Thoughts) about the Activating Event.
- You can build Self-Awareness by slowing the process down and separating what happened (Activating Event), from what you said to yourself about it (Thoughts), from your Emotions and Reactions (Consequences).
- Let’s examine how Thoughts drive Consequences.





Adjust Your Thoughts



Is there a need to adjust your Thoughts?

- As a result of a situation or event, did you receive a desirable outcome?

- **Yes:** No action needed
- **No:** Identify what is controllable and uncontrollable

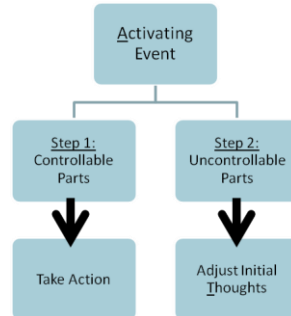
- When you need to adjust your Thoughts

- **Step 1:** For the parts of the situation or event that can be changed (controlled), take action to change those parts.

Physically prepare and move on to the next task

- **Step 2:** For the parts of the situation or event that you can't control, your Initial Thoughts may need to be adjusted.

Adjust the Thoughts you had initially



- If you get a desirable outcome or your Thoughts or Consequences are productive, take no action.
- Take a closer look when you do not get a desirable outcome or you realize that your Thoughts or Consequences are counter productive.
- When there is a need to take a closer look, this skill will help you divide the event or situation into what you can and cannot control.

3 Ways to Adjust Your Thoughts

- 1) Restructuring Thoughts
- 2) Acceptance
- 3) Self-Talk



Restructure Your Thoughts



- Your initial thoughts may be counterproductive to the desired outcome.
- Such initial thoughts may occur when you've performed poorly, are frustrated, and might be tempted to "beat yourself up" mentally.
- You may even notice your battle buddy being hard on himself/herself.

- Restructure Your Thoughts: Thinking about the event from a different perspective is a resilience strategy

Adjust Your Thoughts

Restructure Your Thoughts

Acceptance (Accepting Reality)

Self-Talk

Attention Control & Confidence

Imagery & Routines

- Examples of when it would be helpful
 - When you've performed poorly and are hard on yourself
 - When battle buddies are being hard on themselves

Non-Optimal Thoughts	Restructured Thoughts
<i>"I'm an idiot and let my buddies down."</i>	<i>"I won't do that again; I've learned my lesson."</i>
<i>"I'm not going to make it through BCT / OSUT."</i>	<i>"If that's the worst thing I do here, I'm doing pretty well."</i>
<i>"They're all going to hate me."</i>	<i>"Everyone messes up; it's not the end of the world."</i>
<i>"I always screw up."</i>	<i>"I messed up this one task in this one way; I didn't mess up everything."</i>

- Remember your Thoughts drive your Consequences





Acceptance



- **Acceptance:** Understanding that some things are unpleasant, but enduring them anyway is a resilience strategy

Adjust Your Thoughts

Restructure Your Thoughts

Acceptance (Accepting Reality)

Self-Talk

Attention Control & Confidence

Imagery & Routines

- Examples of when it might be helpful
 - Drill Sergeants providing corrective action
 - Dealing with tough environmental conditions

- During your time in BCT, you will make mistakes. The good news is that your Drill Sergeants will be close by to correct your mistakes and identify corrective action.
- Accepting this reality of BCT will be very helpful because you will not waste your limited energy trying to change something that cannot be changed
- BCT consists of realistic training conducted under tough environmental conditions.
- These conditions prepare you to be a Soldier, but they may also make training very unpleasant and it's important to simply accept this reality.

Self-Talk

- **Self-Talk:** utilizing your inner voice to motivate yourself is a resilience strategy

Adjust Your Thoughts

Restructure Your Thoughts

Acceptance (Accepting Reality)

Self-Talk

Attention Control & Confidence

Imagery & Routines

- Examples of when it would be helpful
 - Before an important event such as RM
 - During a stressful task like an obstacle course

"I'm trained for this"

"I can do this"

- Self-Talk is what you say to yourself, your inner voice.
- Self-Talk refers to a way of talking or "coaching" yourself through a task or event.
- Often it will be useful when you face new and stressful situations, something that happens here at BCT frequently.
- Productive Self-Talk can help you successfully complete important and stressful events like RM, the CBRN Chamber, and the Confidence Obstacle Course (COC).

"Whether you think you can, or you think you can't, you're right." -Henry Ford

