

Plan For Self Care!

Optimism

Optimism has been found to be associated with higher achievement, less mood disturbance, better immune system functioning, better health habits and longer life. One reason is that greater optimism has been associated with the ability to rally support from friends and other forms of support.



The good news is that optimism can be learned because we choose the way we think. Learning to recognize and challenge alarming or negative thoughts so that they are more realistic, accurate and consistent with personal values and/or based on facts, can be a key step in maintaining or improving health.



Nutrition

There is great truth in the phrase “You are what you eat.” Developing healthy eating habits involves some homework, planning, and is critical to managing life stress.

Nutrition goals are best served when we prioritize good health, a healthy weight, disease prevention, and then portion and taste, in that order.

The significant role of diet in our resiliency warrants paying extra attention to our nutritional needs.



SELF CARE

RESILIENCY



Self Care Strategies

Caring for yourself



BALANCE



Maintaining balance in life and work is important to our health. Incorporating the **L.E.S.S.O.N.** (*Leisure Activities, Exercise, Spirituality, Sleep, Optimism, and Nutrition*) habits below can help maintain and promote physical and psychological wellness.

Leisure Activities

Leisure activities involve doing things you enjoy such as spending time with family and friends or doing hobbies. Knowing when to take a break is an important step in managing the accumulation of stress. When people are stressed, they often stop doing enjoyable life activities and socializing. It is healthy for Service members and families to balance their daily responsibilities with leisure activities.



Exercise

Exercise helps one to feel better, enhancing psychological well-being and relieving symptoms of distress. This sense of control over the body may translate to an improved sense of control over other aspects of life, a key defense against stress. Exercise can help people give up unhealthy habits that interfere with exercise. For example, smokers may cut down or quit because smoking hinders aerobic performance.



Spirituality

Spirituality represents our search for meaning and significance in life and our desire to conduct ourselves by the highest principles. Living a life based on moral values is an example of connecting to a spiritual life. Spirituality often encompasses spiritual growth in religious education and worship experiences. Chaplains and community spiritual leaders can be good resources for enhancing or reconnecting to a spiritual life. Spirituality is associated with better overall physical health including lower blood pressure, less frequent hospitalizations, and longer life. Spirituality is

Sleep also associated with general lifestyles and greater life satisfaction.



Sleep needs vary considerably from person to person. Signs you may not be getting enough sleep include not feeling rested when waking and feeling sleepy during the day or when driving.

If you sleep considerably past your normal wake-up time or when you do not set an alarm, you may be sleep deprived. Most people can function reasonably well when they are getting less sleep than they need. However, inadequate sleep can impair optimal work performance and raise safety concerns. Common symptoms of missed sleep include irritability, poor concentration and fatigue. Insufficient sleep can make it more difficult to cope with life stressors. In turn, life stressors can disrupt sleep.

SPIRITUAL FITNESS GUIDE

This is a **self-assessment** tool to help service members consider their spiritual condition. Spirituality may be used generally to refer to that which gives meaning and purpose in life, or the term may be used specifically to refer to the practice of a philosophy, religion, or way of living.

FIT	STRESSED	DEPLETED	DRAINED
Potential Indicators <ul style="list-style-type: none"> Engaged in life's meaning/purpose Hopeful about life/future Makes sound moral decisions Fully engaged with family, friends, and community Able to forgive self and others Respectful of others Engaged in core values/beliefs 	Potential Indicators <ul style="list-style-type: none"> Neglecting life's meaning/purpose Less hopeful about life/future Makes some poor moral decisions Somewhat engaged with family, friends, and community Difficulty forgiving self or others Less respectful of others Straying from core values/beliefs 	Potential Indicators <ul style="list-style-type: none"> Losing a sense of life's meaning/purpose Holds very little hope about life/future Makes poor moral decisions routinely Weakly engaged with family, friends, and community Not likely to forgive self or others Strong disrespect for others Disregards core values/beliefs 	Potential Indicators <ul style="list-style-type: none"> Feels like life has no meaning/purpose Holds no hope about life/future Engaged in extreme immoral behaviors Not engaged with family, friends or community Forgiveness is not an option Complete disrespect for others Abandoned core values/beliefs

Your chaplain cares about you and is committed to helping with your Spiritual Fitness. Absolute confidentiality is guaranteed.

Chaplain POC: