

# DEFENSE LOGISTICS AGENCY

*Established 1961*



THE NATION'S LOGISTICS COMBAT SUPPORT AGENCY





# Mind Body Mental Fitness Introduction

January 7<sup>th</sup> 2025



## Purpose:

To focus on the mission and vision of the Family Advocacy Program, to bring prevention and education to the warfighter and those that serve them. Ultimately, the goal of mindbody mental fitness is to create a harmonious balance between mental and physical health, leading to a more fulfilling and empowered life.

## Agenda:

- Communication
- Flexibility
- Connection
- Mindfulness
- Problem solving
- Sleep Hygiene
- Stress Resilience
- Values



Information



Guidance



Decision



Other

The overall classification of this presentation is:

**Unclassified Controlled Information (CUI)**



# DEFINING COMMUNICATION / CONNECTION, FLEXIBILITY, VALUES, PROBLEM-SOLVING

Values are **individual beliefs that motivate people to act one way or another.**

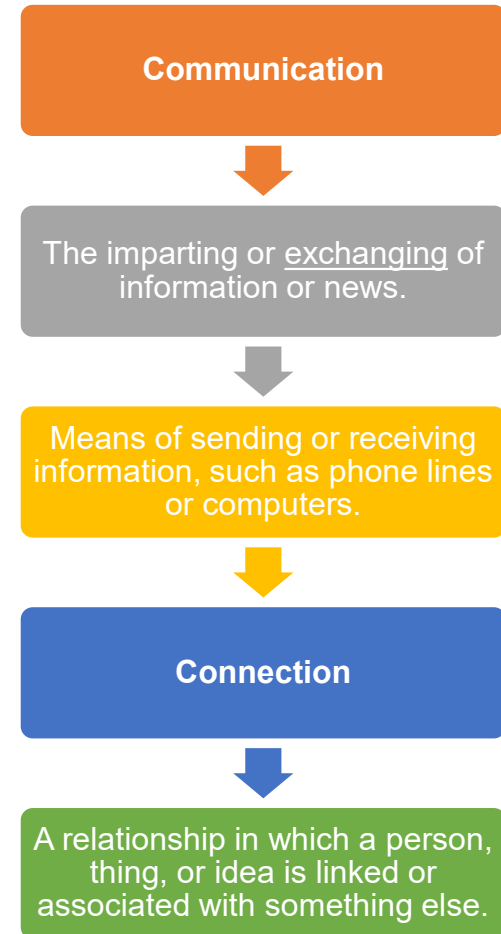
They serve as a guide for human behavior.

The process of finding solutions to difficult or complex issues.

The quality of bending easily without breaking.

The ability to be easily modified.

Willingness to change or compromise.





## Passive

*Emotionally dishonest, indirect, inhibited, self-denying, blaming, apologetic.*

*"Others' rights and needs take precedence over mine"*

## Passive Aggressive

*Emotionally dishonest, indirect. Self-denying at first. Self-enhancing at expense of others later.*

*"I subtly make clear that my rights and needs prevail"*

## Aggressive

*Inappropriately honest, direct, expressive, attacking, blaming, controlling, self-enhancing at expense of others.*

*"I boldly insist that my rights and needs prevail"*

## Assertive

*Appropriately honest, direct, self-enhancing, expressive, self-confident, empathic to emotions of all involved.*

*I clearly express that we both have rights and needs"*





# ARE WE LISTENING



The single biggest problem  
in communication  
is the illusion  
that it has taken place.

George Bernard Shaw





## GAINING AN UNDERSTANDING OF FLEXIBILITY

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Flexibility technically means to bend without breaking!

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In life however, it is the ability to adjust to change

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Avoiding or creating stress and drama

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Adapting to new situations easily



# THOUGHTS – FEELINGS – BEHAVIORS

Thoughts are:  
ideas,  
attitudes,  
perceptions

Feelings are emotions such as happy

sad,  
mad,  
frustrated,  
surprised,  
anxious,

These can be experienced in varying degrees of intensity and usually have a physical sensation attached.

Behaviors are simply the actions we take.

# CONNECTION BETWEEN THOUGHTS – FEELINGS - BEHAVIORS



## THOUGHTS VERSUS FEELINGS

Visit [www.PEDIAA.com](http://www.PEDIAA.com)

Our thoughts create our feelings, and our feelings drive our behavior

THOUGHTS	FEELINGS
Thoughts are ideas, perceptions, or opinions produced by thinking, or occurring suddenly in mind	Feelings are emotions or reactions to physical or mental sensations
Our ideas, perceptions, or opinions about the world around us	Our reactions to emotions or sensations
We experience thoughts later as we grow up and gain more experiences	We experience feelings first
Can be complex	Tend to be simple





# DEALING WITH NEGATIVE THOUGHTS, FEELINGS, AND EMOTIONAL BEHAVIORS.

Learn - To use positive reframing



Cultivate - Empathy

Kindness - will go along way

Try - Not to take it personally

Practice - Acceptance



# VALUES AND PROBLEM SOLVING



- Perseverance
- Thoughtfulness
- Self-reliance
- Resourcefulness
- Common sense
- Appreciation of social issues



- Problem solving skills and the problem-solving process are a critical part of daily life both as individuals and organizations.
- Identify and exploit opportunities in the environment and exert control over the future.



## Strategies

- Self awareness
- Self control
- Assertive communication
- Collaboration
- Problem solving
- Empathy
- Listening

## Apply in Office

- Open door policy
- Internal mediation
- Professional mediation
- Peer review and employee appeals



# KNOWING YOUR OWN VALUES



Assist in the reduction of stress

Connection to values boosts decision-making & problem-solving skills

Inspire better health habits

Energy! The willpower to persist and complete task

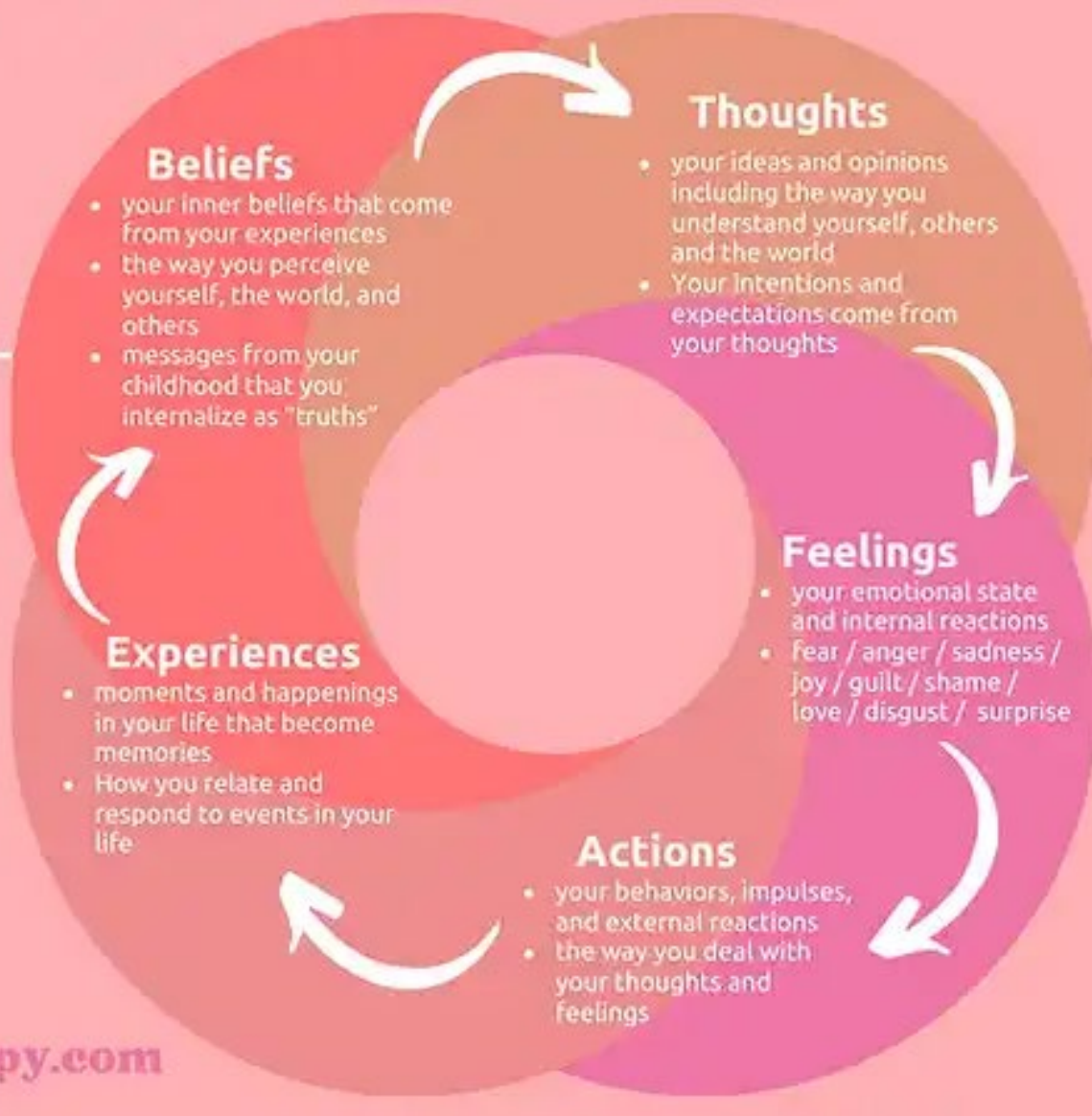
Assertiveness

Communication with compassion

Ability to make wiser choices on life events



## Core Belief Cycle



[intentionstherapy.com](http://intentionstherapy.com)



## VALUES ASSIST WITH STRESS

In the short term,  
writing about  
personal values

makes people  
feel more  
powerful,

in control,

proud, and

strong. It also  
makes them feel  
more

loving,

connected, and

empathetic  
toward others.

It increases pain  
tolerance,

enhances self-  
control, and

reduces unhelpful  
rumination after a  
stressful  
experience.





# Basic Steps





# REALISTIC EXPECTATION, STRATEGIES, IMPORTANCE & ENHANCING SKILLS

## Enhancing Skills

- Focus on the solution, not the problem
- Make things simple
- List out as many solutions as possible
- Think laterally
- Use language that creates possibility

## STRATEGIES

- What worked before
- Brainstorming
- Work backward
- Use trial and error
- Seek advice
- Guess and check
- Make a list
- Draw it out
- Act it out
- Identify and define

## Realistic Expectations

- No matter the job, where you live, who your partner is, how many friends you have you will be judged on your ability to solve problems.
- Problems equal hassles for everyone concerned.
- People don't like hassle, so the more problems you can solve, the less hassle all – round.
- Everyday, you'll be faced with at least one problem to solve
- It gets easier when you realize that problems are simply choices.
- There should be nothing scary about them other than having to decide.

## Importance

- Problems are sometimes hard to understand, or deal with.
- They can be a task, a situation, or even a person.
- Methods need to be used to find the best solution.



# Quotes of Comfort

- “The human capacity for burden is like bamboo—far more flexible than you'd ever believe at first glance.” – Jodi Picoult
- “That which yields is not always weak.” -- Jacqueline Carey
- “The measure of intelligence is the ability to change.” – Albert Einstein





[Active-Listening-Reflection-Worksheet.pdf](#)

[Assertive-Communication.pdf](#)

[Blindfold-Guiding-Exercise.pdf](#)

[Generating-Alternative-Solutions-and-Better-Decision-Making.pdf](#)

[Ryan Rouillard: Flexible Journey: How Embracing Growth Changed My Life | TED Talk](#)

[Chantrise Holliman: How Cognitive Flexibility Saved My Life | TED Talk](#)

<https://youtu.be/o09B9TazKYQ>

<https://youtu.be/F-aFD2Cn0bA>

[Free Downloads - The Happy Manager \(the-happy-manager.com\)](#)

[15 Problem Solving Books Daring Greatly \(oprah.com\)](#)

Dare to Lead By: Brene Brown

[Mark Sylvester: See What You Think: A recipe for problem solving | TED Talk](#)

