Fit for Duty

Technically and tactically most are proficiently trained and ready for action.

But are you – Fit for Duty?
Wellness Components

Wellness

Physical

Environmental

Social

Spiritual

Emotional

Intellectual
What is Your Plan?

- “If you don’t know where you are going, you’ll end up some place else.”

- Yogi Bera
The Balanced Life

- Life is filled with commitments, responsibilities, tasks, and other various activities.
- How does one balance all of these elements of life?
- Is “balance” even possible?
The Key to a Balanced Life

Determining Factor of a Balanced Life

- How effective are you at dealing with stress?

Myth

- “I am in complete control”
- You can control all aspects of your life

Fact

- You can control how your mind and body will respond

Stress:

- The reaction of the mind and body to change and/or stimulation.

Stressors:

- Anything that causes stress

The 2 Stress Cycles

- Distress
- Eustress
Distress Cycle

Stress Overload

Physical Stressors
- Life-Style Stressors
- Environmental Stressors

Health Stressors

Emotional Stressors
- Social Stressors
- Change Stressors
- Work Stressors

Decision Stressors

Behavioral Impact (over-eating)
- Behavioral Disorder (obesity)

Physical Impact (elevated BP)
- Medical Disorder (hypertension)

Emotional Impact (anxiety)
- Emotional Disorder (depression)

Cognitive Impact (distracted)
- Cognitive Disorder (memory problems)
Eustress Cycle

- Physical Stressors
- Health Stressors
- Life-Style Stressors
- Environmental Stressors
- Decision Stressors
- Emotional Stressors
- Social Stressors
- Change Stressors
- Work Stressors

Stress Intervention

- Behavioral Techniques (time management)
- Physical Techniques (exercise, nutrition)
- Emotional & Cognitive Techniques (relabelling)

Increased Self-Esteem and Self-Confidence
Improved Health and Greater Resistance to Disease
Improved Mental Health and Coping Skills
STRESS CURVE

PERFORMANCE

fatigue
exhaustion

laid back

inactive

too little stress (underload)

optimum stress

too much stress (overload)

breakdown

anxiety/panic/anger

STRESS LEVEL
Self Confidence

Confidence

- The degree to which you believe you will be successful
- Being relaxed with uncertainty
- The opposite is self-doubt

Benefits of Confidence

- Affects Goal-Setting
  - Confident people tend to set higher goals
- Elicits Positive Emotions
  - Helps person remain calm under pressure; allows you to play to win as opposed playing not to lose
- Increase Concentration & Effort
  - Allows person to focus on task at hand
Risk Factors
Cardiovascular Disease

- Age
- Gender
- Race
- Heredity
- Hypertension
- Diabetes
- Obesity
- Smoking
- Elevated Blood Cholesterol Levels
- Uncontrolled Stress
- Lack of Physical Activity
Normal Coronary Artery

1. Normal coronary artery cross section
Not So Healthy Coronary

3. Deposits harden
Normal Coronary Artery
Unhealthy Coronary Artery
Smooth Lining
Pizza Anyone?
Attitude Adjustment Strategies

- Reestablish Your Priorities
- Daily AARs
- Allow for “Down Time”
- Positive Self-Talk
- Improve Self-Esteem
- Establish a Support Group
Practical Management Techniques

- Exercise
- Nutritional Awareness
- Visual Imagery
- Autogenic Training
- Progressive Relaxation
- Breathing Techniques
- Meditation
- Massage
Team Effort

■ “Teams do not go physically flat, they go mentally stale.”

■ Vince Lombardi
How to Have a Rotten Day

- Accept nothing but perfection
- Schedule more than you could ever accomplish in a day
- Worry about everything – especially the things you have no control over
- Absolutely, do not be flexible
- Never, ever find humor in anything
- Be sure to take everything personally

Author unknown