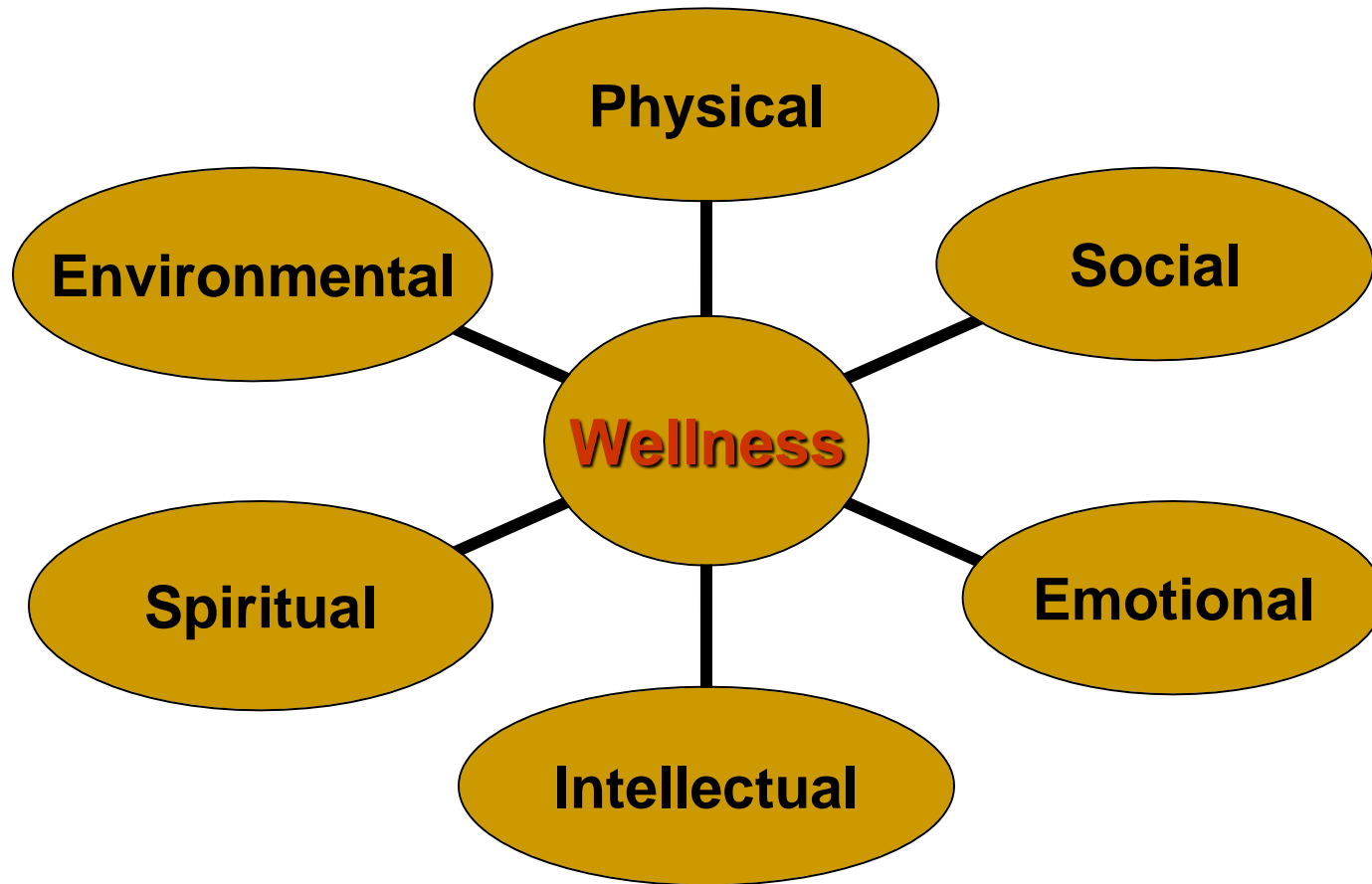


Fit for Duty

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

But are you – Fit for Duty?

Wellness Components



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.

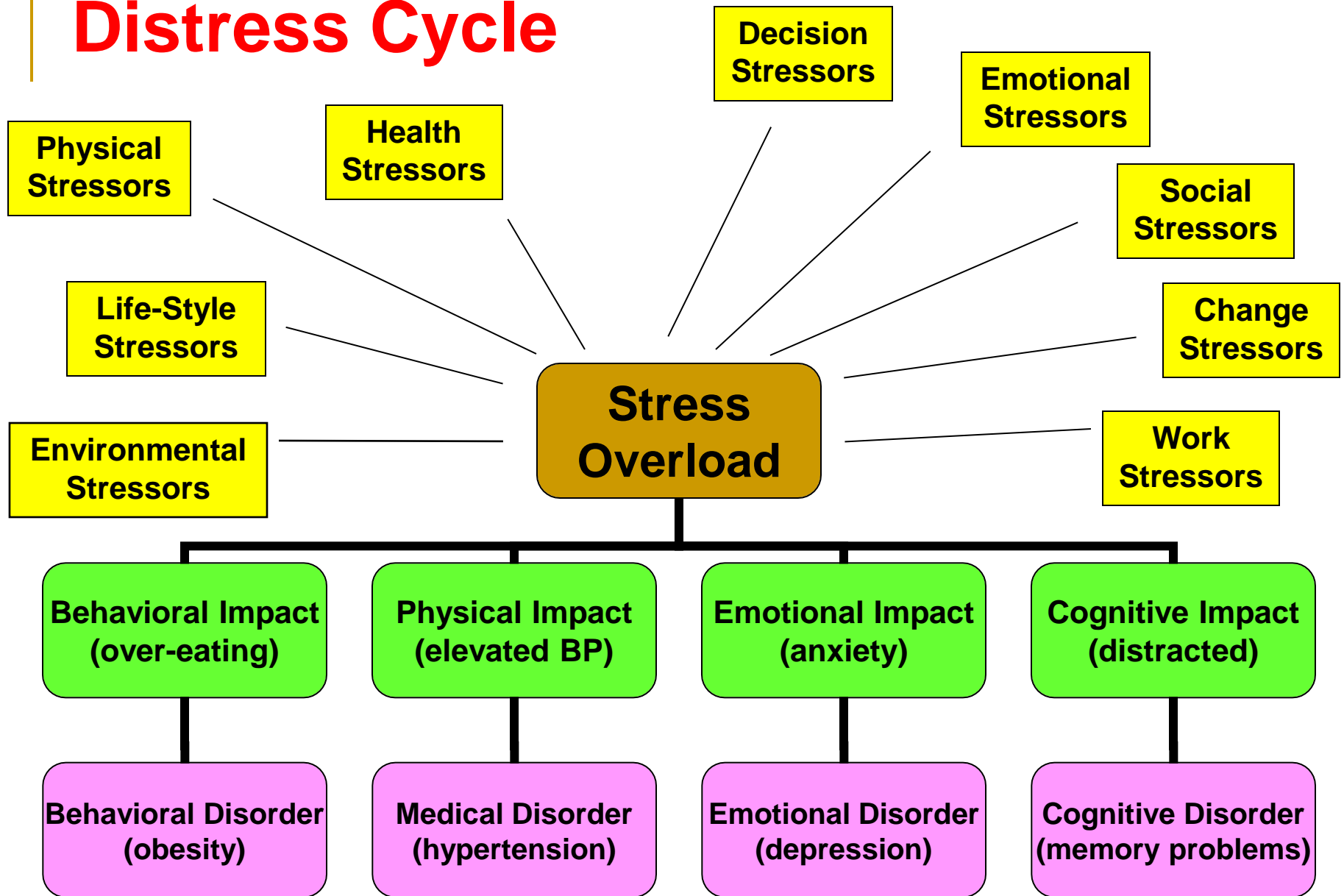
■ Stressors:

- Anything that causes stress

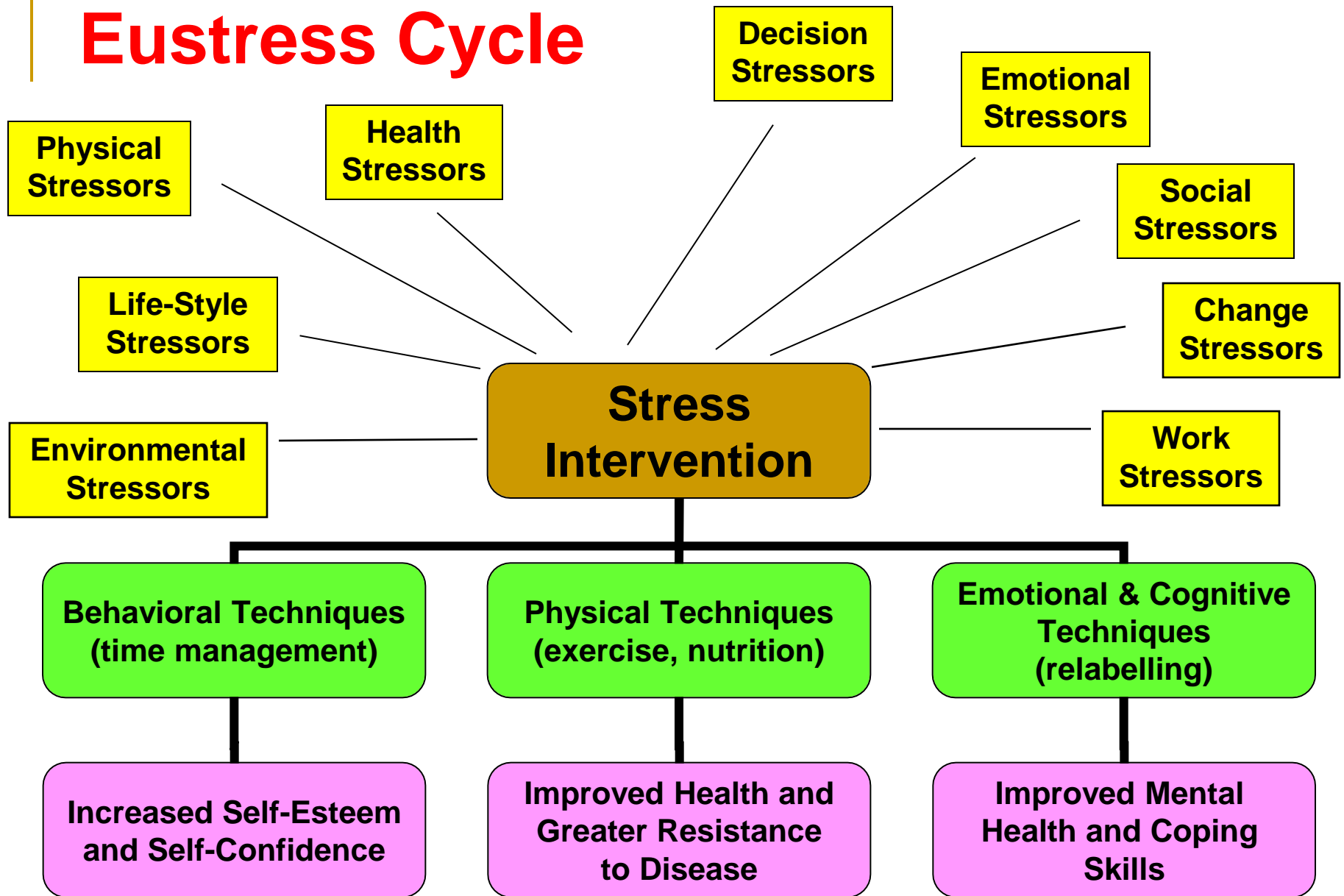
■ The 2 Stress Cycles

- Distress
 - Eustress
-

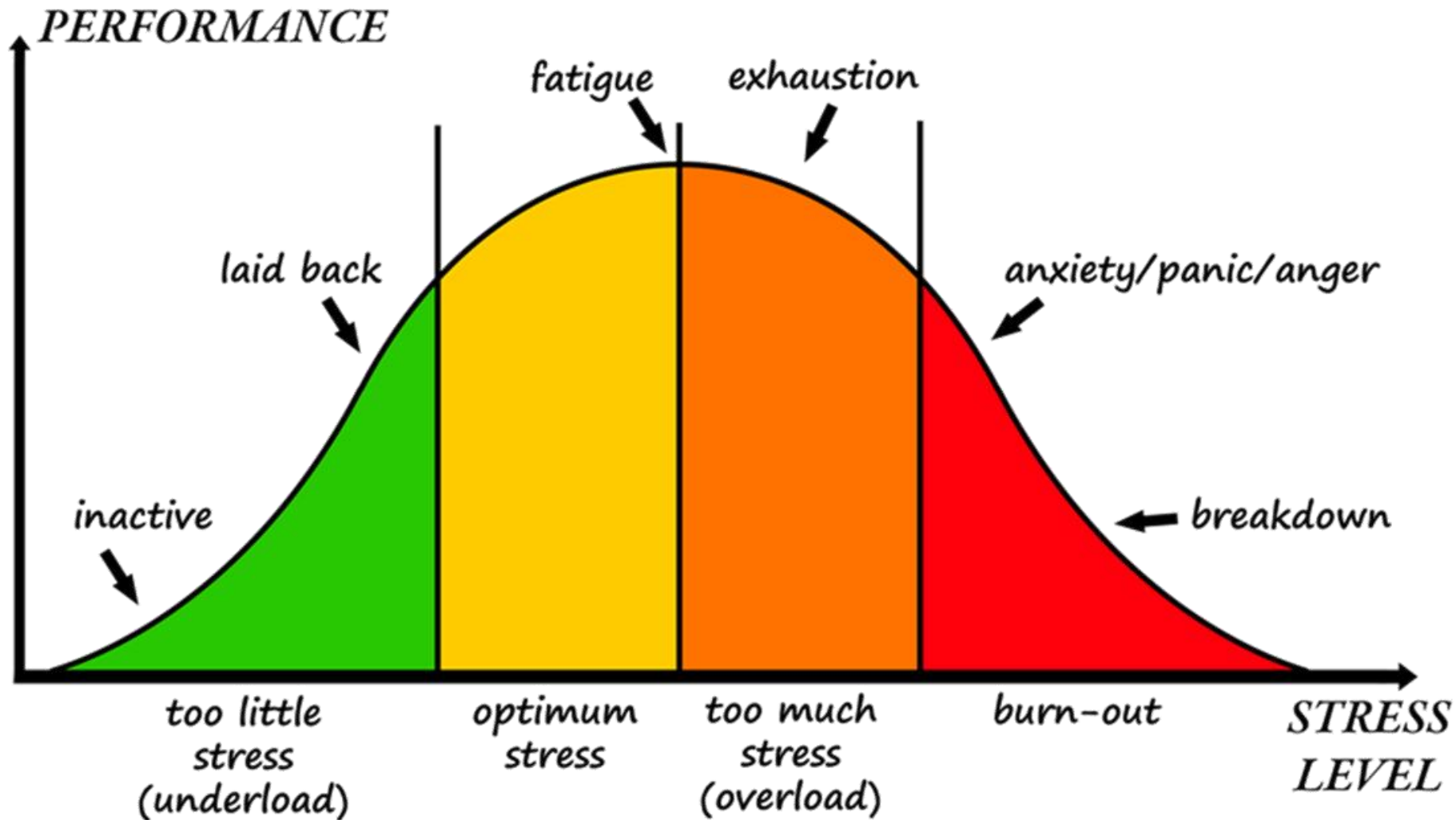
Distress Cycle



Eustress Cycle



STRESS CURVE



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

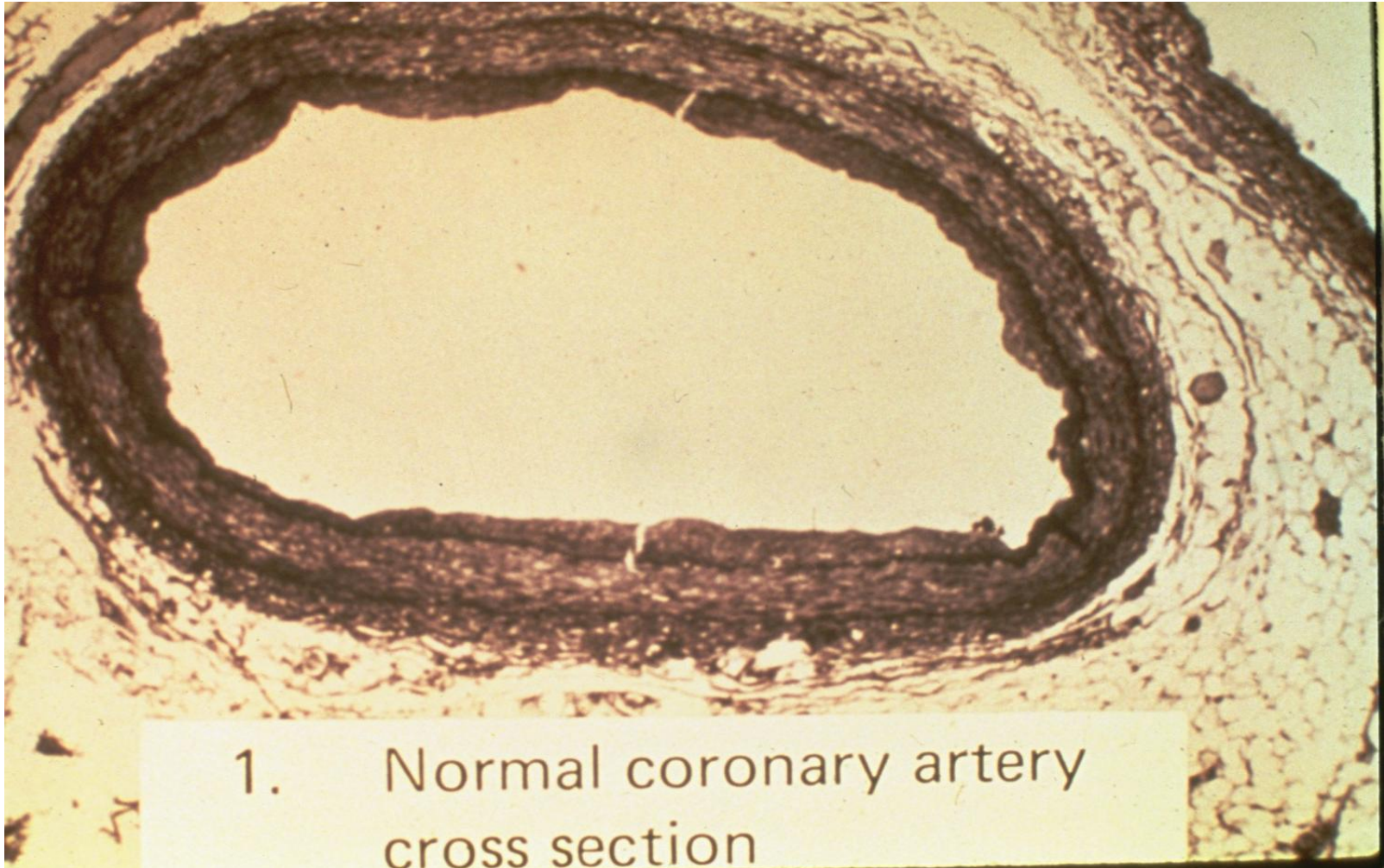
- ❑ Affects Goal-Setting
 - Confident people tend to set higher goals
 - ❑ Elicits Positive Emotions
 - Helps person remain calm under pressure; allows you to play to win as opposed playing not to lose
 - ❑ Increase Concentration & Effort
 - Allows person to focus on task at hand
-

Risk Factors

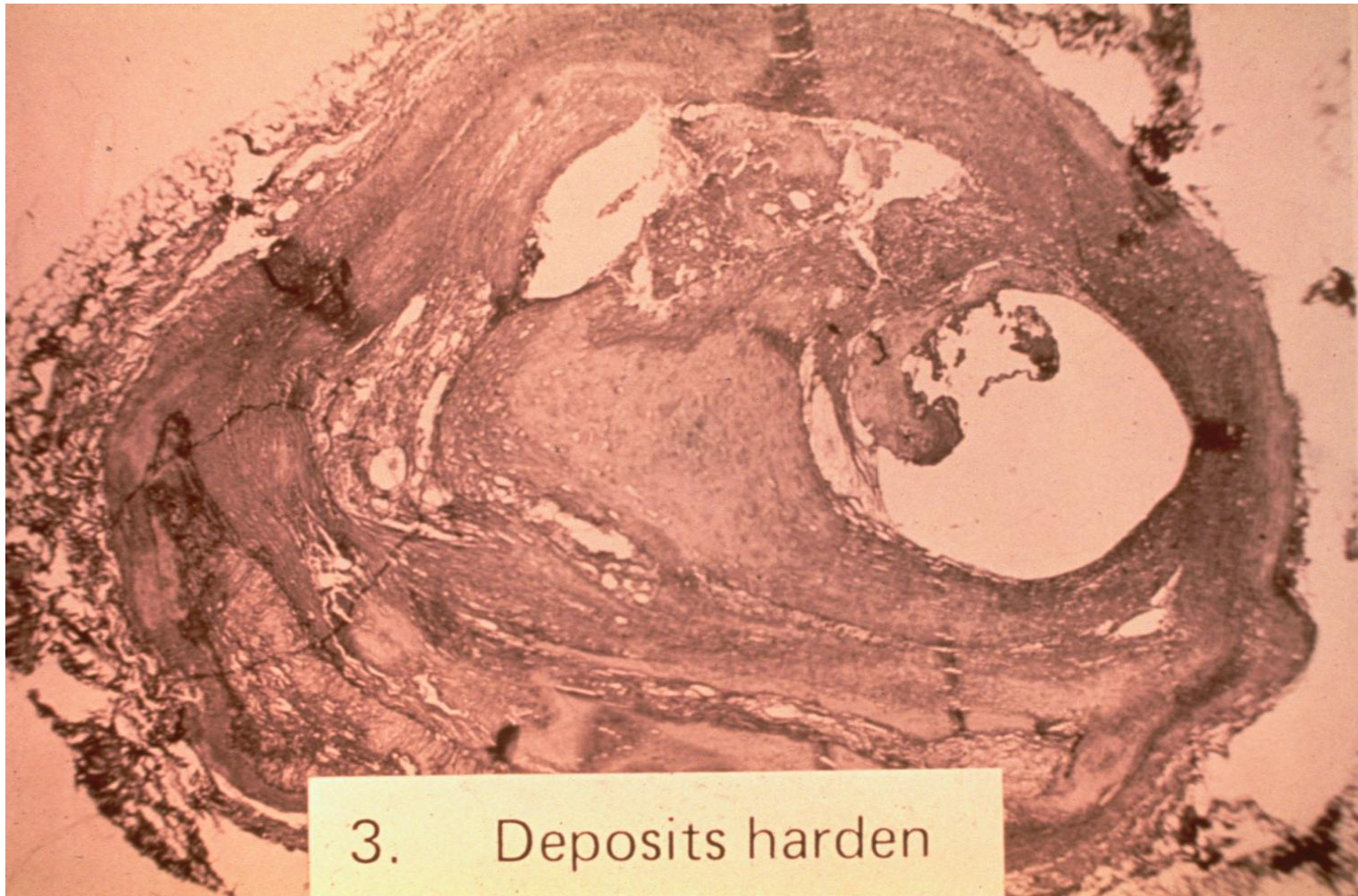
Cardiovascular Disease

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

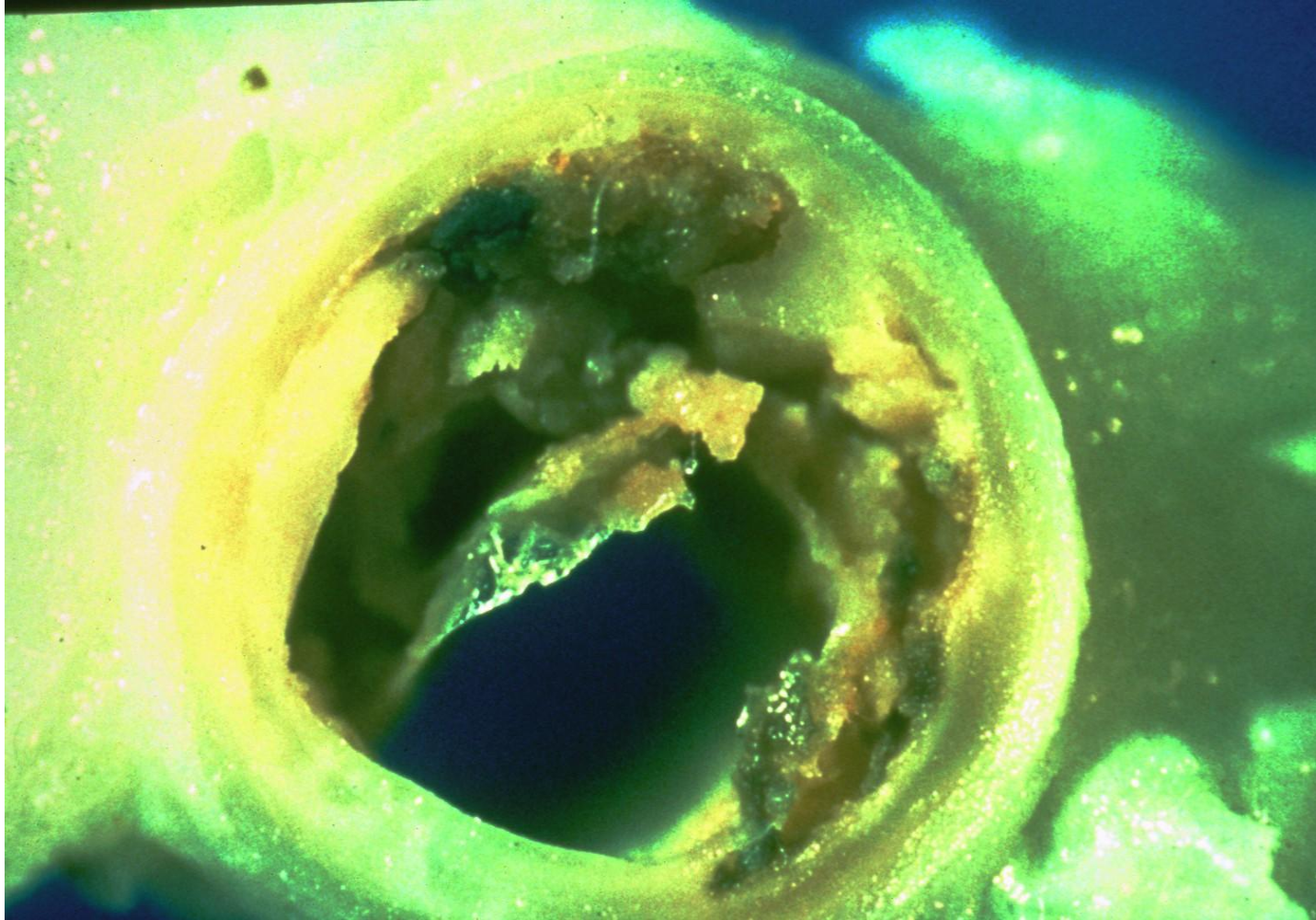
Normal Coronary Artery



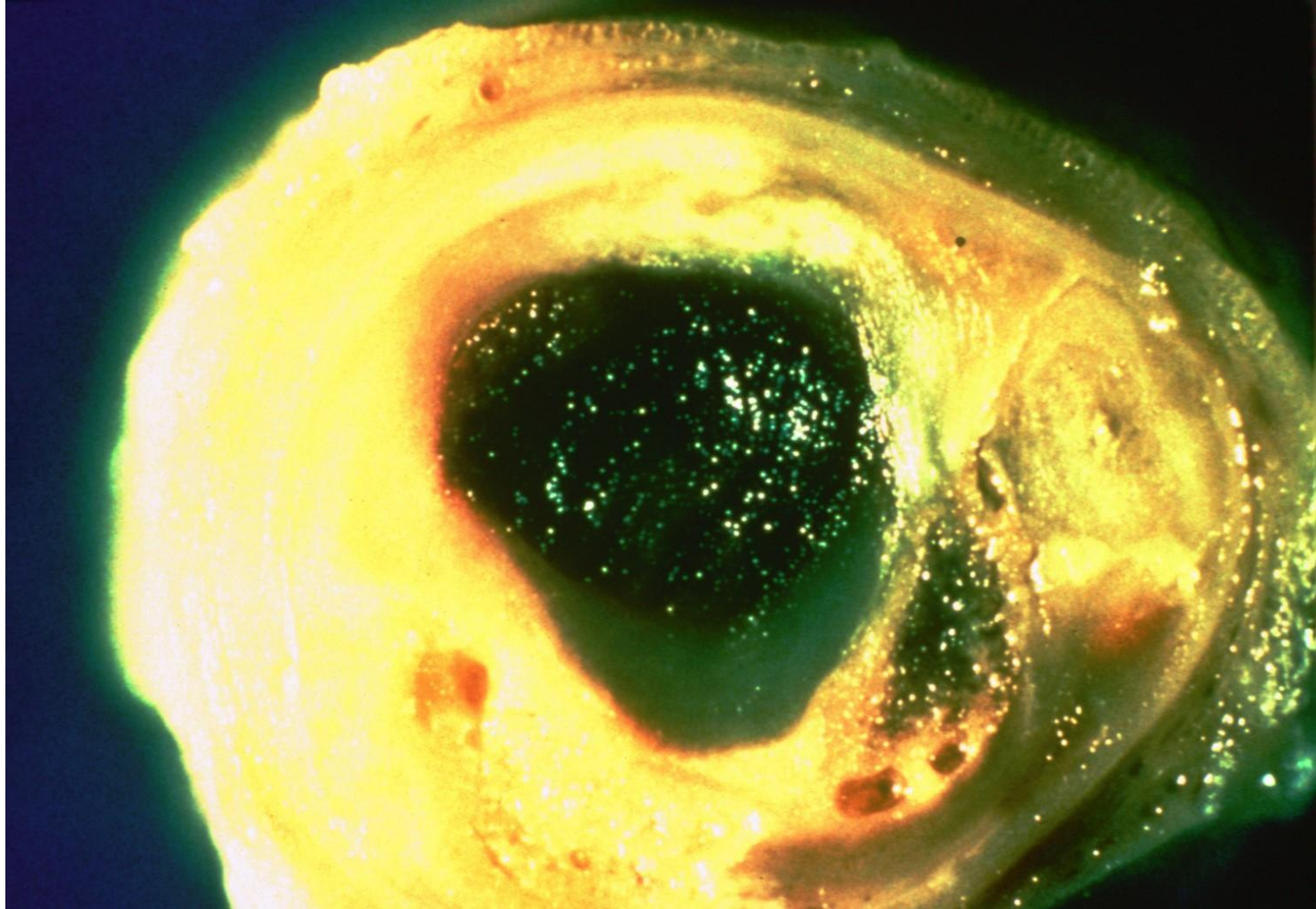
Not So Healthy Coronary



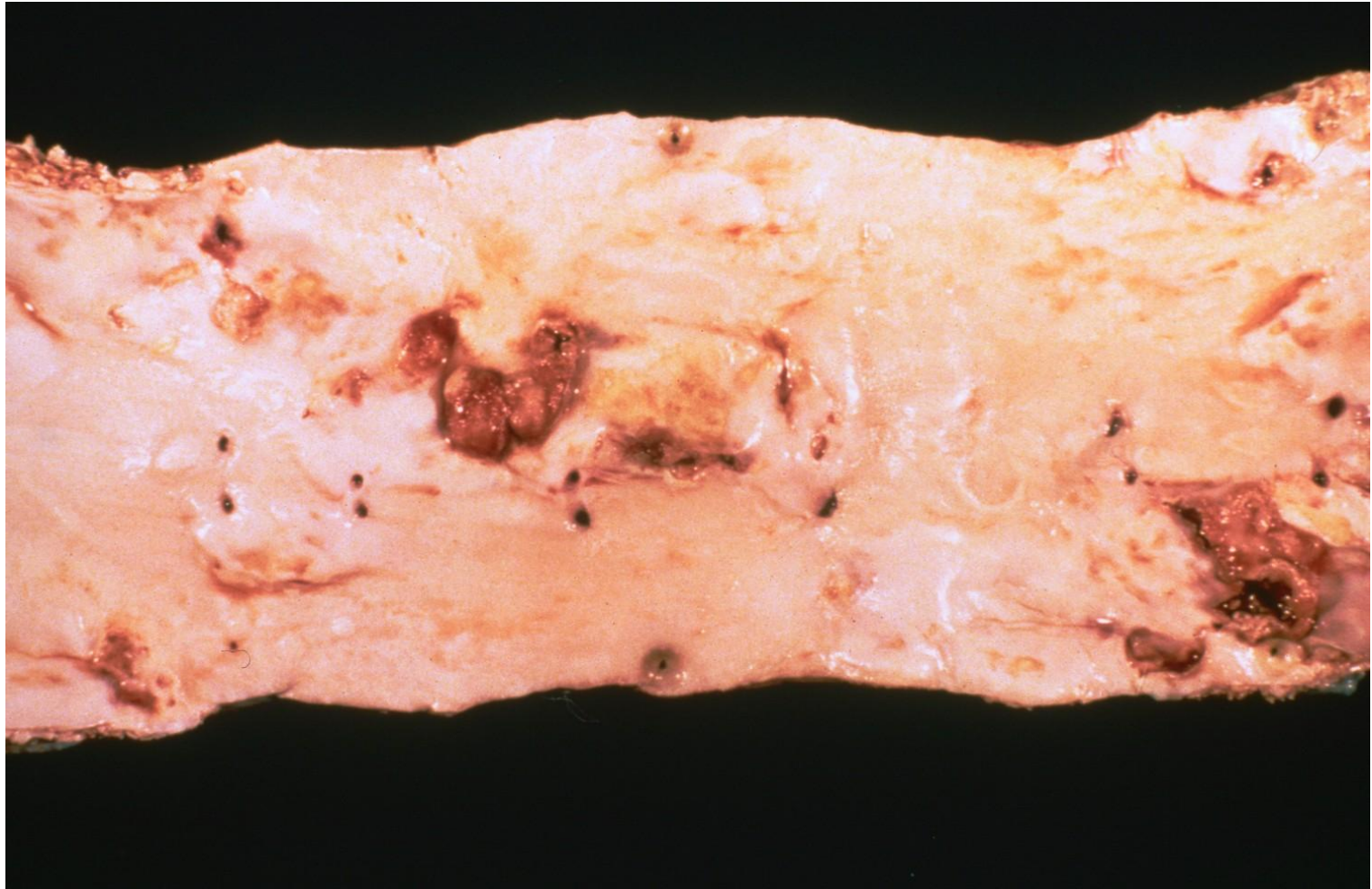
Normal Coronary Artery



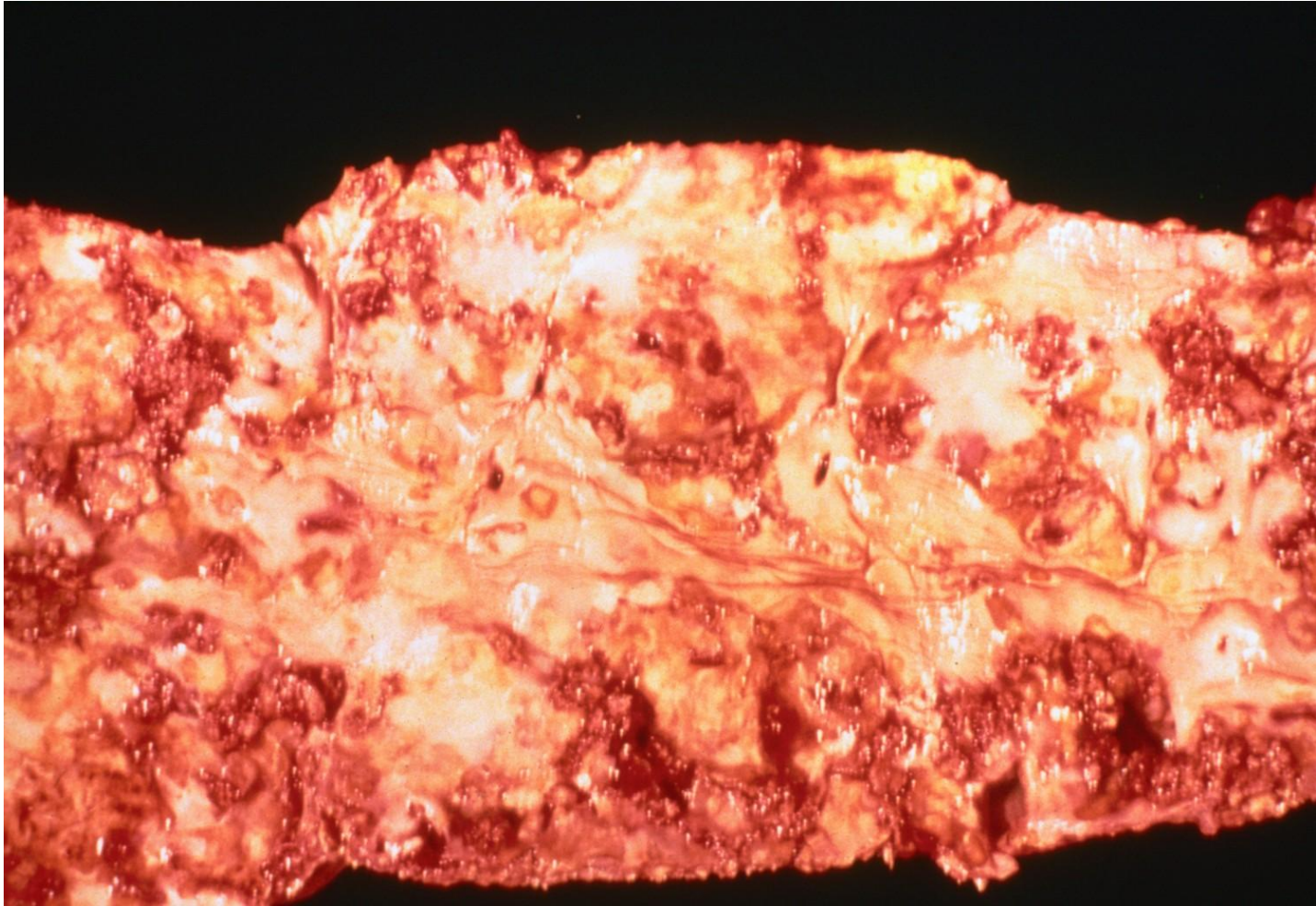
Unhealthy Coronary Artery



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

