

# CURRICULUM ON MILITARY SUBJECTS

Strand 3: Cadet Wellness

Level 11

This Strand is composed of the following components:

- A. A Well Cadet
- B. Wellness Techniques
- C. Obstacles to Wellness



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## A. A WELL CADET

### Objectives

#### **DESIRED OUTCOME (Awareness)**

*90% of Unit Cadets are able to track and analyze their personal wellness and determine ways to improve themselves in terms of personal health.*

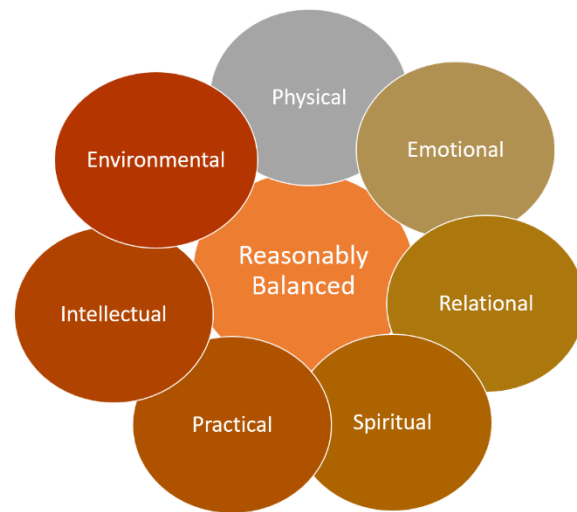
1. Cadets know the “PERSPIRE” acronym and can briefly discuss what each dimension of wellness means.
2. Each cadet will have individually assessed their Physical Wellness using a journal, family history assessment, and self-assessment, and identified opportunities to improve.
3. Each cadet will have individually assessed their Emotional Wellness using a self-assessment and identified opportunities to improve.
4. Each cadet will have individually assessed their Relational Wellness using a self-assessment and identified opportunities to improve.
5. Each cadet will have individually assessed their Spiritual Wellness using a self-assessment and identified opportunities to improve.
6. Each cadet will have individually assessed their Practical Wellness using a self-assessment and identified opportunities to improve.
7. Each cadet will have individually assessed their Intellectual Wellness using a self-assessment and identified opportunities to improve.
8. Each cadet will have individually assessed their Environmental Wellness using a self-assessment and identified opportunities to improve.
9. Each cadet will have recorded all 7 of their scores into one place to assess their level of Reasonable Balance. Cadets will also note opportunities to improve.

## A1. Dimensions of Cadet Wellness

# Dimensions of Cadet Wellness

### Road to Wellness

Wellness involves keeping seven areas of focus reasonably balanced. The following is a brief description of the seven *Dimensions* of Cadet Wellness:



**Physical** - Good health involves appropriate exercise, body composition, and care of the body. Your body must last a lifetime, so take care of it.

**Emotional** – Emotionally-well cadets are aware of, and accept, their feelings. Emotional wellness includes the degree to which one feels positive and *enthusiastic* about oneself and life. It includes the capacity to manage one's feelings and related behaviors including the realistic assessment of one's limitations, development of *autonomy*, and ability to cope effectively with stress. The emotionally-well cadet is content and happy.

**Relational** – Cadets who have a significant number of positive and healthy relationships have a built-in support system. *Harmonious* interactions with family, friends, and communities build healthy cadets and create wellbeing around them.

**Spiritual** – Cadets who are healthy spiritually seek meaning beyond mere existence, seek to understand who they are, and often (9 out of 10 Americans according to Gallup polls since the 1940s) turn to religion for answers.

**Practical** – Acquiring and developing Life Skills such as education, vocation, and *financial* management is important to have the proper tools to live a healthy life. These practical skills help you to be successful in the college and working environments as well as your personal life.

**Intellectual**- The *intellectual* dimension encourages problem solving, creative thought, and life-long learning.

**Reasonably Balanced** – Keeping all the areas of wellness in balance can be a full-time job by itself. It's not reasonable to expect perfection, just as it is not reasonable to fail to improve. Over time, however, wellness suffers if certain areas are neglected for too long. If wellness suffers, then your ability to lead can also be *compromised*. It's important to recognize your weak areas and work on them.

**Environmental** - What you do to your sensory environment, can affect your health. It is important to monitor and adjust your sensory input. Be aware of what you watch on TV, the music you listen to, the books, magazines, and social media you read. Good choices mean your sensory environment does not adversely affect your health.

You have no doubt noticed that the wellness model for the California Cadet Corps spells the acronym PERSPIRE. This is a great way to remember the seven dimensions of wellness plus the need to keep them all Reasonably-balanced (The second R in PERSPIRE). But it is also a good reminder that wellness takes work to improve and that work can be uncomfortable, difficult, and both *literally*- and *symbolically*-speaking will make you sweat.

## “PERSPIRE” for Wellness



*Cadet Carmona completes 1,309 sit-ups without stopping, 2015*

### A2. Cadet Physical Wellness

#### *Understanding Physical Wellness*

Your physical health is greatly affected by what you have *inherited* from your parents and ancestors. Family members share genes, behaviors, lifestyles, *ethnicity*, traditions, cultures, religions, social supports, stress, and environment. The type of food you eat and activities you're likely to participate in are greatly affected by your family, especially when you're young. The more you know about what came before you, the better you'll be able to understand your own health issues and address them in positive ways. Building a family health history is a great way to start.

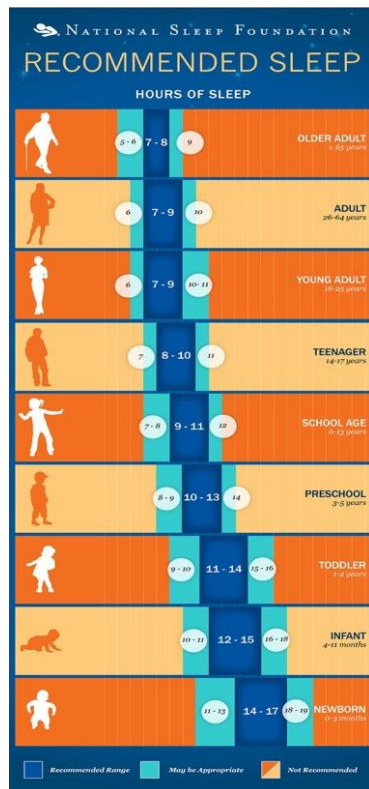
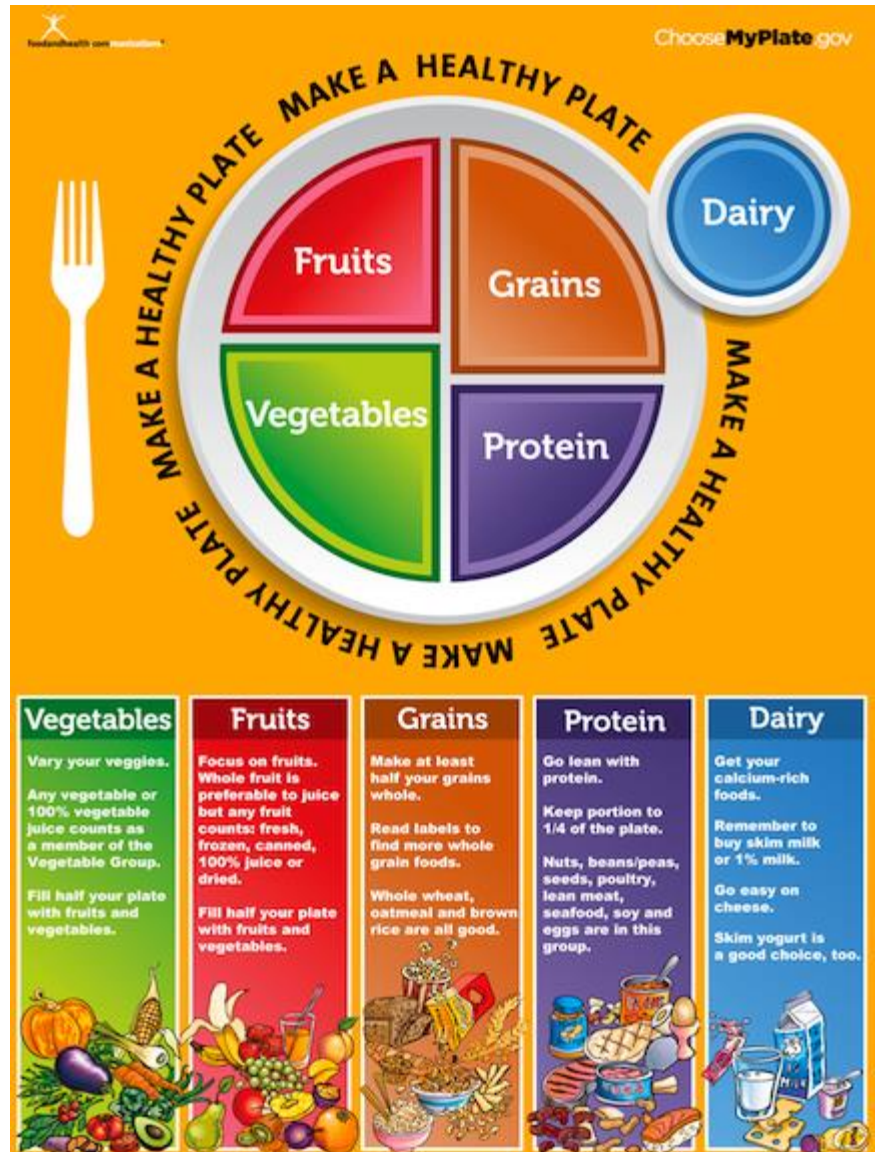
You can start today by talking with immediate family members about health issues that have affected members of your family. Start building a family tree with health information. Respect the privacy of those who don't want to share that kind of information, and ask about what happened to their parents and grandparents, who may no longer be sensitive to privacy issues.



## Nutrition

Nutrition is the sum of the processes involved in taking in and utilizing food for growth, repair, and maintenance of our body. Good nutrition can help prevent disease and promote healthy bodies. What does good nutrition look like? It's simple, really. There are five categories of food that the body needs: Vegetables, grains, fruits, protein, and dairy. The USDA food plate is a guideline for healthy eating and an overview video can be found at <https://youtu.be/-J1hmmy1OB4> (3m 02secs, ACI Specialty Benefits)

The food and beverage choices we make day to day and over our lifetime matter. There's no better time than now to start eating healthy if you aren't already doing so!



## Sleep and Rest

According to the National Sleep Foundation, cadets in high school need 8-10 hours of sleep per night while younger cadets need 9-11 hours of sleep per night. Unfortunately, many studies show that teenagers get far less sleep than that. Consequences of sleep deprivation include:

- ⊗ Appearing '*unkempt*' to others
- ⊗ Feeling moody
- ⊗ Decreased mental *acuity*, knowledge *retention*, and focus
- ⊗ Hard to get along with your family and friends (being around an *irritable* cadet is no fun)
- ⊗ Hurt your scores on school exams
- ⊗ Decrease athletic performance on the court or on the field.

Remember: A brain that is hungry for sleep will get it, even when you don't expect it. For example, drowsiness and falling asleep at the wheel cause more than 100,000 car-crashes every year. When you do not get enough sleep, you are more likely to have an accident, injury and/or illness.

### *Fitness*

The Department of Health and Human Services issued the federal government's first-ever Physical Activity Guidelines for Americans in 2008 to help Americans understand the types and amounts of physical activity that offer important health benefits. The current guidelines include:

- 1) 60 minutes of moderate to *vigorous aerobic* physical activity (6 Days/Week)
- 2) 3 times per week of muscle-strengthening activity
- 3) Include "bone strengthening" activities (high-impact aerobics for example)



### *Medical*

Staying on top of your health is a priority. Good nutrition, *sufficient* sleep, and regular exercise will contribute to keeping your body healthy. However, there are a few other things that you should do to ensure you stay healthy and to recognize and take care of any issues that may arise:

- Get an annual medical examination from your family doctor
- Stay current on *vaccinations* against major diseases
- Make an appointment to see a doctor as soon as possible if you are experiencing anything out of the ordinary, such as recurring pain, lumps, bruising that won't go away, or anything else that causes you medical concern
- Seek a medical professional if you experience depression, confused thinking, or destructive emotions, thoughts and behaviors

### *Tips for Improving Physical Wellness*

- ✓ Exercise 6 days per week, starting at 20-30 minutes per session, then gradually increasing to 60 minutes
- ✓ Use the stairs instead of the elevator or escalator, and walk whenever possible
- ✓ Get consistent and adequate sleep
- ✓ Use seat belts and helmets, and encourage others to do so
- ✓ Learn to recognize early signs of illness
- ✓ Practice abstinence or safe sex
- ✓ Eat breakfast – it's the most important meal of the day

- ✓ Eat 5-7 servings of vegetables per day
- ✓ Control your meal portions and try to eat smaller, more frequent meals throughout the day
- ✓ Use sugar, salt, fat, and alcohol (adults) in moderation
- ✓ Drink at least eight 8-oz. glasses of water and non-sugary drinks per day
- Ø Don't lose sleep during the week just to *binge* sleep in on Saturday and Sunday morning. It makes it much harder to go back to sleep on Sunday night, thus *propagating* the unhealthy sleep patterns during the week again.
- Ø Stop smoking and protect yourself against second-hand smoke

## *Physical Wellness Assessments*

### *1) Journaling*

To improve your physical wellness, you need to understand your nutrition, sleep and rest, and fitness, and how they affect your health. A Personal Wellness Journal allows you to track your food, fitness, and sleep activities which help you realize how you are behaving in healthy and unhealthy ways. The journal is PRIVATE. The journal template can be found on the CACC web site under 'Curriculum'

What do you write down?

- EVERYTHING you eat for a full 7 days
- All fitness activities you engage in during the week including: walking; running; PE; playing individual and team sports
- Exactly how much time you sleep each day

What do you do with the information?

- Perform a self-analysis to determine if you are eating healthy foods, getting enough exercise, and getting enough sleep
- Determine where you need to improve

Where do you go from here?

- Make a plan to substitute bad habits for good ones!
- IMPLEMENT YOUR PLAN!

### *2) Family Health History Assessment*

The Surgeon General has created a tool called "My Family Health Portrait" which can be downloaded for free and installed on your computer. Check it out at <https://familyhistory.hhs.gov/>. This program will help you organize your family tree and identify the conditions that run in your family. You can print out a graphical chart of your family tree, as well as a table listing family members and their health issues.



### 3) Self-Assessment

The physical dimension of wellness involves encouraging regular activities that produce *endurance*, flexibility, and strength. Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points      Sometimes/occasionally = 1 point      Very seldom = 0 points

- \_\_\_\_\_ 1. I exercise aerobically (vigorous, continuous) for 60 minutes six times per week.
- \_\_\_\_\_ 2. Half of my diet comes from fruit and vegetables
- \_\_\_\_\_ 3. I avoid tobacco products.
- \_\_\_\_\_ 4. I always wear a seat belt while riding in/driving a car and a helmet when riding a bike, skating, or boarding.
- \_\_\_\_\_ 5. I deliberately minimize my intake of cholesterol, dietary fats, and oils.
- \_\_\_\_\_ 6. I drink at least eight 8-oz. glasses of water and non-sugary drinks each day.
- \_\_\_\_\_ 7. I get an adequate amount of sleep. (8-10 hours daily H.S., 9-11 hours daily M.S.)
- \_\_\_\_\_ 8. I eat low-fat, calcium-rich foods like milk, yogurt, broccoli, and spinach.
- \_\_\_\_\_ 9. I maintain a regular schedule of immunizations, physicals, dental checkups and self-exams.
- \_\_\_\_\_ 10. I maintain a reasonable weight, avoiding extremes of overweight and underweight.
- \_\_\_\_\_ Total for Physical Wellness Dimension

Score: 15 to 20 Points – Excellent strength in this dimension.

Score: 9 to 14 Points – There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 to 8 Points – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

## A3. Cadet Emotional Wellness

### *Understanding Emotional Wellness*

Emotional wellness means being happy, keeping a positive attitude, having high self-esteem, and a strong self-image. It is the ability to respond *resiliently* to emotional states and the flow of life every day. It is dealing with a variety of situations realistically and learning more about yourself and how things you do affect your feelings. It is taking responsibility for your own behavior and responding to challenges as opportunities.

There is no formula for being happy, but researchers <http://adultdevelopment.wix.com/harvardstudy> over the decades have found a few *commonalities* with people who report high levels of happiness.

- ✓ Have strong relationships with family, friends, and their community
- ✓ Make as much money as those around you (We often compare ourselves to others)
- ✓ Feel, express, and live with gratitude
- ✓ Maintain all the other areas of wellness in balance

*Optimism* is a key component of wellness in the Cadet Corps. Focusing on the positive is not only physically, mentally, and emotionally healthy for you, it is a key component in leadership. No one wants to follow a *pessimistic* leader.

Confidence comes ultimately by 1) Taking a risk / Being Vulnerable, 2) Accomplishment / Experience, 3) Maintaining a positive self-image despite setbacks, and 4) Adapting / Overcoming. In the Cadet Corps you will be given many opportunities to practice this virtuous cycle: Being a Leader; Pushing through a difficult PT class; Passing a Promotion Test; and Attending Survival training.

*Resilience* is a companion aspect to Confidence. It means getting back up after failure or setbacks and continuing despite fears, doubt, and other negative thoughts. Resilience is required for to gain confidence and confidence is required to persevere through resilience.

#### *Tips to Improve Emotional Wellness*

- ✓ Practice optimism.
- ✓ Spend time with friends and family discussing important personal concerns and being supportive of each other.
- ✓ Participate in *self-esteem* workshops or support groups.



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Optimism is the faith that leads to achievement. Nothing can  
be done without hope and confidence

Helen Keller

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- ✓ Read a self-help book that is of interest to you.
- ✓ Learn time management skills and other stress management techniques.
- ✓ Attend a wellness forum.
- ✓ Smile at least 20 times each day

#### *Emotional Wellness Assessment*

The emotional dimension of wellness involves recognizing, accepting and taking responsibility for your feelings. Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points      Sometimes/occasionally = 1 point      Very seldom = 0 points

- \_\_\_\_\_ 1. I am able to develop and maintain close relationships.
- \_\_\_\_\_ 2. I accept the responsibility for my actions.
- \_\_\_\_\_ 3. I see challenges and change as opportunities for growth.
- \_\_\_\_\_ 4. I feel I have considerable control over my life.
- \_\_\_\_\_ 5. I am able to laugh at life and myself.
- \_\_\_\_\_ 6. I feel good about myself.

- \_\_\_\_\_ 7. I am able to appropriately cope with stress and tension and make time for leisure pursuits.
- \_\_\_\_\_ 8. I am able to recognize my personal shortcomings and learn from my mistakes.
- \_\_\_\_\_ 9. I am able to recognize and express my feelings.
- \_\_\_\_\_ 10. I enjoy life.

\_\_\_\_\_ Total for Emotional Wellness Dimension

Score: 15 to 20 Points – Excellent strength in this dimension.

Score: 9 to 14 Points – There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 to 8 Points – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

## A4. Cadet Relational Wellness

### *Understanding Relational Wellness*

*Relational* wellness is recognizing your need for and having positive interactions and enjoying being with others. It's being comfortable and at ease during school and spare times. It's also about communicating your feelings and needs to other people. To accomplish this, you need to develop and build close friendships, practice *empathy* and effective listening, care about people, and allow others to care for you.

You have the power to make choices to enhance personal relationships, your community, and, ultimately, the world.



### *Tips to Improve Relational Wellness*

- ✓ Practice maintaining friendships [Guide to Maintaining Friendships](#) (5m 5s YouTube Video, Wellcast)
- ✓ Practice face-to-face communication, not just social media or texting
- ✓ Plan time to be with family and friends
- ✓ Join a club or organization that interests you

### *Relational Wellness Assessment*

This dimension of wellness involves developing, nourishing and encouraging satisfying relationships. Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points      Sometimes/occasionally = 1 point      Very seldom = 0 points

- \_\_\_\_\_ 1. I contribute time and/or money to social and community projects.
- \_\_\_\_\_ 2. I am committed to a lifetime of volunteerism.
- \_\_\_\_\_ 3. I exhibit fairness and justice in dealing with people.
- \_\_\_\_\_ 4. I have a network of close friends and/or family.
- \_\_\_\_\_ 5. I am interested in others, including those from different backgrounds than my own.
- \_\_\_\_\_ 6. I am able to balance my own needs with the needs of others.
- \_\_\_\_\_ 7. I am able to communicate with and get along with a wide variety of people.

- \_\_\_\_\_ 8. I obey the laws and rules of our society.  
\_\_\_\_\_ 9. I am a compassionate person and try to help others when I can.  
\_\_\_\_\_ 10. I support and help with family, neighborhood, and work social gatherings.  
\_\_\_\_\_ Total for Social Wellness Dimension

Score: 15 to 20 Points – Excellent strength in this dimension.

Score: 9 to 14 Points – There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 to 8 Points – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

## A5. Cadet Spiritual Wellness

### *Understanding Spiritual Wellness*

Spiritual wellness involves searching for purpose and meaning in life. Cadets who are spiritual have developed an expanded *perspective* on life that helps them live in concert with values and belief systems that have supported humankind for thousands of years. Spirituality may take many forms and include traditional organized religion, prayer, meditation, mindfulness, centeredness, feeling connected to a higher power, etc. One of the key points is that it is better to search for meaning than to be closed to it. It is also better to be tolerant of others' beliefs than to be intolerant. And very importantly, it is best to live in harmony with our own beliefs and values than to live a lie.

### *Tips to Improve Spiritual Wellness*

- ✓ Search for answers to the big questions of life
- ✓ Be quiet — Spend time alone and meditate or pray regularly. Meditation is the process of being fully here, with all concentration focused on the now. By living in the present and letting go of the past and not worrying about the future, we can achieve the inner peace that we strive for while practicing meditation. There are many forms of meditation; find out which one is right for you.
- ✓ Be receptive to grief and pain — Pain is a deepener. Allow yourself to feel the pain fully, then ask what it's trying to teach you.
- ✓ Be and Do — Spirituality is about more than reading; it's about "doing" and being fully in the present moment in everything you do.
- ✓ Witness the choices you make in each moment — Bring them into consciousness; ask yourself what the consequences of a choice are and if the choice will bring fulfillment and happiness. Listen with the heart and be guided by messages of comfort and discomfort. If there is comfort, go for it! If there is discomfort, pause and reevaluate.
- ✓ Practice acceptance — See that life right now is as it "should be." Do not struggle against the universe by struggling against the moment. Take responsibility for your life without blaming anyone, including yourself. See what the situation can teach you and how you can share this teaching with others.
- ✓ Practice *detachment* — Allow yourself and those around you the freedom to be who they are. Recognize uncertainty as an essential aspect of life. See that solutions come out of problems, confusion, and chaos, and that uncertainty is the path to freedom.
- ✓ Be playful — Spirituality is in music, art, dance, laughter, singing, and all of life.

- ✓ Look for deeper meanings — If you notice that certain themes keep coming up over and over in your life, rather than feeling like you have no control over the situation, ask for the deeper meaning of the pattern to come to you. See the gift in your greatest troubles / problems / challenges. The Chinese word for catastrophe is the same as their word for opportunity.
- ✓ Take “seven breath” breaks — Stop periodically throughout the day, close your eyes, and take seven deep, slow belly breaths (breathe in to the count of seven, breathe out to the count of seven, seven times). Then, open your eyes and see your new world.

### *Spiritual Wellness Assessment*

The spiritual dimension of wellness involves seeking meaning and purpose in one’s life.

Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points      Sometimes/occasionally = 1 point      Very seldom = 0 points

- \_\_\_\_\_ 1. I feel comfortable and at ease with my spiritual life.
- \_\_\_\_\_ 2. There is a direct relationship between my personal values and daily actions.
- \_\_\_\_\_ 3. When I get depressed or frustrated, my spiritual beliefs and values give me direction.
- \_\_\_\_\_ 4. Prayer, meditation, and/or quiet personal reflection is/are important in my life.
- \_\_\_\_\_ 5. Life is meaningful for me, and I feel a purpose in life.
- \_\_\_\_\_ 6. I am able to speak comfortably about my personal values and beliefs.
- \_\_\_\_\_ 7. I am consistently striving to grow spiritually and I see it as a lifelong process.
- \_\_\_\_\_ 8. I am tolerant of and try to learn about others’ beliefs and values.
- \_\_\_\_\_ 9. I have a strong sense of life optimism and use my thoughts and attitudes in life-affirming ways.
- \_\_\_\_\_ 10. I appreciate the natural forces that exist in the universe.

\_\_\_\_\_ Total for Spiritual Wellness Dimension

Score: 15 to 20 Points – Excellent strength in this dimension.

Score: 9 to 14 Points – There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 to 8 Points – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

## A6. Cadet Practical Wellness

### *Understanding Practical Wellness*

Cadets who are practical understand what it takes to get by in the world and *employ* techniques to minimize real threats to wellness. A well-rounded education for example not only supports intellectual wellness, it also gives you the tools and qualifications to start your career. Having a career that provides a reasonable income and is well-matched to your personality and desires supports emotional health. The opposite is also true. Having a job that you dislike will create stress, *anxiety*, and frustration and will *diminish* your overall wellness.

Another key to practical wellness is understanding and being in control of your finances. Financial problems are significant causal factors in suicide, divorce, and depression. Living within your means, staying out of debt, expecting and saving for rainy days, being a smart consumer, and investing for your future are all aspects of financial wellness that are covered in depth in the financial strand.



### *Tips to Improve Practical Wellness*

- ✓ Do your best in school
- ✓ Educate yourself on careers that would be a good fit for you
- ✓ Stay out of debt
- ✓ Save for your future
- ✓ Live within your means
- ✓ Become financially literate
- ✓ Talk about finances with those you love
- ✓ Be financially prepared for emergencies

### *Practical Wellness Assessment*

#### Practical Wellness Check-up

Almost always = 2 points      Sometimes/occasionally = 1 point      Very seldom / never = 0 points

1. I (or my family) do not have a credit card debt? \_\_\_\_\_
2. Have you worked for money in the last year? \_\_\_\_\_
3. Do you know how much is in your bank account? \_\_\_\_\_ (0 if you don't have an account)
4. Do you save at least 10% of everything you make? \_\_\_\_\_
5. Do you talk about finances with your family, teachers, or other mentors? \_\_\_\_\_
6. Do you look forward to going to school? \_\_\_\_\_
7. School is preparing you well for the career field you're considering? \_\_\_\_\_
8. The career field you're considering is consistent with your values and beliefs? \_\_\_\_\_
9. The career field you're considering provides a good balance of work time / leisure time? \_\_\_\_\_
10. The career field you're considering makes a difference in the world? \_\_\_\_\_

Total Score: \_\_\_\_\_

How did you score?

Score: 15 to 20 Points – Excellent strength in this dimension.

Score: 9 to 14 Points – There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 to 8 Points – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

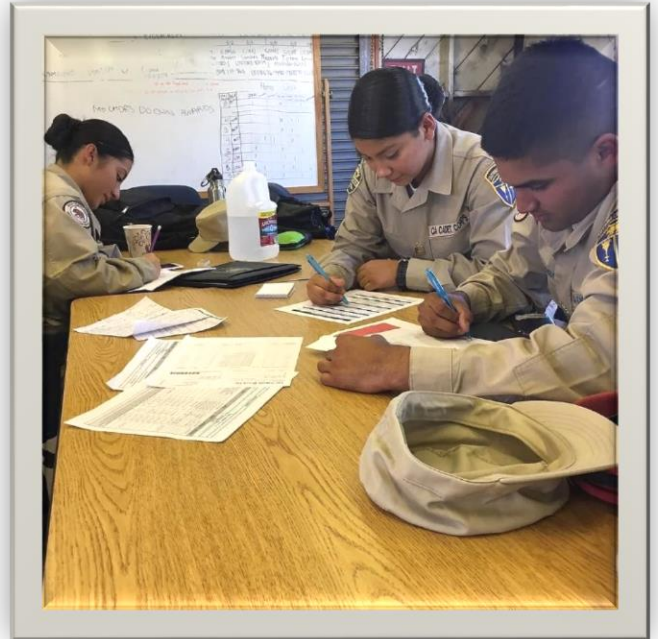
## **A7. Cadet Intellectual Wellness**

### *Understanding Intellectual Wellness*

Being intellectually fit doesn't mean being an intellectual, or getting your PHD. It does mean that you continue to learn new things your whole life, even after you end your formal school education. It also doesn't dictate a certain depth of knowledge or a *breadth* of knowledge. Intellectual fitness means you explore many areas, both your strengths and weaknesses. Some aspects of intellectual fitness include problem solving, creativity, learning new skills, and expanding your perspective.

### *Tips to Increase your Intellectual Wellness*

- ✓ Have a hobby (or two)
- ✓ Exercise daily 30 mins: *Exercise and the Brain* (4m 37s) <https://youtu.be/mJW7dYXPZ2o>
- ✓ Learn a foreign language
- ✓ Read books for fun
- ✓ Subscribe to an interesting journal, newsletter, or magazine
- ✓ Learn to appreciate art
- ✓ Expand your music *repertoire*
- ✓ Play an instrument or take up singing
- ✓ Play challenging games like crossword puzzles, *sudoku*, chess, etc.
- ✓ Seek out intellectually stimulating friends and mentors
- ✓ Debate an issue with a friend, but take the opposite viewpoint from your belief
- Ø Limit or eliminate video games
- Ø Limit or eliminate television



### *Intellectual Wellness Assessment*

The intellectual dimension of wellness involves embracing creativity and mental stimulation. Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points      Sometimes/occasionally = 1 point      Very seldom = 0 points

- \_\_\_\_\_ 1. I am interested in learning new things.
- \_\_\_\_\_ 2. I try to keep abreast of current affairs – locally, nationally, and internationally.
- \_\_\_\_\_ 3. I enjoy attending lectures, plays, musical performances, museums, galleries, and/or libraries.
- \_\_\_\_\_ 4. I carefully select movies and television programs.
- \_\_\_\_\_ 5. I enjoy creative and stimulating mental activities/games.
- \_\_\_\_\_ 6. I am happy with the amount and variety that I read.
- \_\_\_\_\_ 7. I make an effort to improve my verbal and written skills.
- \_\_\_\_\_ 8. A continuing education program is/will be important to me in my career.
- \_\_\_\_\_ 9. I am able to analyze, *synthesize*, and see more than one side of an issue.
- \_\_\_\_\_ 10. I enjoy engaging in intellectual discussions.

\_\_\_\_\_ Total for Intellectual Wellness Dimension

Score: 15 to 20 Points – Excellent strength in this dimension.

Score: 9 to 14 Points – There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 to 8 Points – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

## A8. Cadet Environmental Wellness

### *Understanding Environmental Wellness*

The surroundings or conditions in which you live and operate are your 'environment'. Environmental wellness can involve many areas of your life, most of which you can control and a few you can't control. Having a healthy environment not only affects your current day-to-day life, but also your future. Having the right environment in which to study can be a big factor in how well you focus, study, and retain information.



Experiencing a variety of environments by exploring, hiking, walking, and trying new locations develops appreciation for diversity and improves diverse and creative thinking. Another aspect of our environment is who we surround ourselves with. Not hanging out with “friends” or acquaintances who promote unhealthy attitudes or behaviors is a real way to minimize unhealthy peer pressure.

Some ideas that may create a healthier environment include getting your daily dose of vitamin D (sunshine); organize your room, your backpack, and your study area; keep things clean around you; take care of your belongings; and keep your car clean.

### *Tips to Improve Environmental Wellness*

- ✓ Limit playing video games, watching TV, or doing social media if other areas (studies, relationships, sleep, exercise, and outside time) are suffering
- ✓ Surround yourself with positive people
- ✓ Participate in an outdoor activity (sports, hiking, bicycling, etc.)
- ✓ If your home/family environment is stressful, find a positive outlet such as doing homework at a library
- ✓ Don't use earbuds or listen to loud or new music when studying
- ✓ Study in good lighting, temperature, and humidity

- ✓ Physically remove phones, games, or iPads to prevent getting distracted when you need to study
- ✓ Surround yourself with positive, healthy friends

### *Environmental Wellness Assessment*

The environmental dimension of wellness involves improving and varying the area around you to increase wellness. Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points      Sometimes/occasionally = 1 point      Very seldom = 0 points

- \_\_\_\_\_ 1. I go outside almost every day.
- \_\_\_\_\_ 2. I have a designated study area, and use this location most of the time
- \_\_\_\_\_ 3. I keep my backpack / locker / study area clean, neat and organized
- \_\_\_\_\_ 4. None of my friends would pressure me into doing something unhealthy
- \_\_\_\_\_ 5. I watch TV less than 2-hours per night on average
- \_\_\_\_\_ 6. I play video games less than 2-hours per night on average
- \_\_\_\_\_ 7. My study area is well lit, quiet, and free from distractions (phones, tv, etc)
- \_\_\_\_\_ 8. My grades are as good as my parents and I want them to be
- \_\_\_\_\_ 9. I explore the physical world around me
- \_\_\_\_\_ 10. I take care of my belongings

\_\_\_\_\_ Total for Environmental Wellness Dimension

Score: 15 to 20 Points – Excellent strength in this dimension.

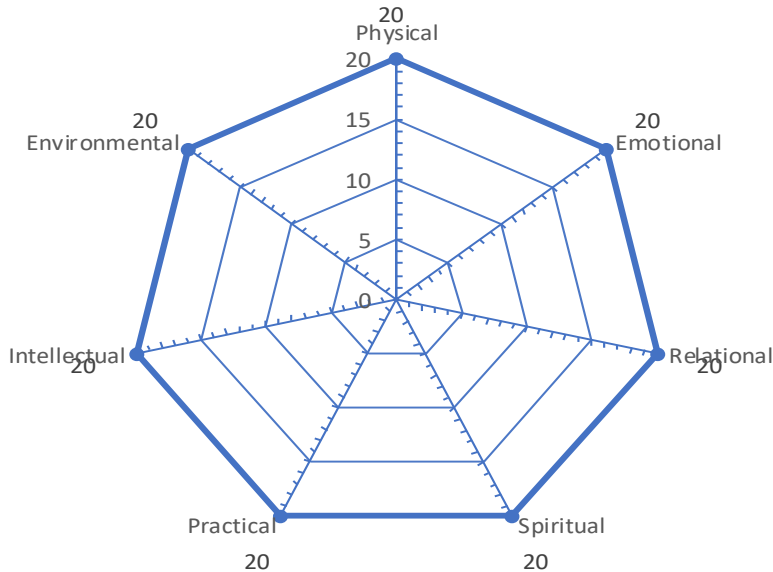
Score: 9 to 14 Points – There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 to 8 Points – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

## A9. Reasonable Balance - Putting it all Together

*Directions:* After you make an honest assessment of each individual section(A2-A8) above, write the individual points you earned for each section in the **Score** field below. Note of any strengths and improvement opportunities that you noticed during each section. And finally, color in the pie chart below up to the score you received for that section. Once you do this for each section, you'll have a graphic of how well you're keeping the dimensions in balance. Think of it like a tire: If one area is flat, then you'll have a hard time getting to where you're going.

| <u>Dimension</u> | <u>Max</u> | <u>Score</u> | <u>Strengths</u> | <u>Improvements</u> |
|------------------|------------|--------------|------------------|---------------------|
| Physical         | 20         |              |                  |                     |
| Emotional        | 20         |              |                  |                     |
| Relational       | 20         |              |                  |                     |
| Spiritual        | 20         |              |                  |                     |
| Practical        | 20         |              |                  |                     |
| Intellectual     | 20         |              |                  |                     |
| Environmental    | 20         |              |                  |                     |



Very few, if any, Cadets would score perfectly on this self-assessment if answered honestly. It is designed to help identify areas to focus on to improve those out-of-balanced areas where you can do better. Don't shy away from truth. Once you've identified your strengths and weaknesses, it's time to do something about it. Celebrate and appreciate your strengths. Start improving your weaknesses. Set some goals for yourself and stick to them. In the end, you are the one who will enjoy the fruits of your labor. Being well in all 7 dimensions of Cadet Wellness is a journey through your Cadet career and beyond, but a journey means that you must start from one place and travel to another place. Remaining in one place is not an option. But here's the key to this, and all journeys: It's much easier when you know where you're going and have a map/plan to get there.



Living well so that you may lead well is the next reason to improve. Improving your wellness is important for a leader. Can you imagine taking a problem to a leader when that person is not balanced in one or more of these areas? Most people find it easier to trust in answers from well rounded, “with-it” leaders. Now that you are more aware of how well you live, you can begin to apply this knowledge to Cadets who you lead. You may begin to recognize, and understand why some of your Cadets are succeeding while others are struggling.

Section B of this strand is “Wellness Techniques” and will give you many tools to put in your toolbox and use whenever you want to improve your wellness or your Cadets’ wellness.