

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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B. Wellness Techniques

OBJECTIVES

DESIRED OUTCOME (Followership)

Cadets are familiar with the tools to improve themselves and others when faced with common life experiences and challenges to thrive during their cadet career and in their adult life. Cadets will remember where to find this information.

1. Cadets will identify causes of stress, list four quick tips to relieve stress, experience Guided Relaxation, and can guide themselves through a micro-relaxation experience.
2. Cadets can identify benefits of yoga and participate in a 30-minute yoga class. Cadets also participate in a short tai-chi class. After participating in each class Cadets' perceptions about these activities are normalized.
3. Cadets can identify the benefits of meditation and participate in a short meditation.
4. Cadets can identify the benefits of aerobic exercise and know how often and how long they should exercise aerobically.
5. Cadets can name the three piles of 'stuff' created when decluttering and organizing.
6. Cadets can select and order from a list the three steps for better managing time.
7. Cadets can describe how to take a break from technology and select some common mistakes.
8. Given a scenario about breaking bad habits, cadets will be able to make recommendations in their own words.
9. Cadets can select four steps to stop procrastinating.
10. Cadets can recite how many grams of sugar they should eat according to the WHO and can select a way to improve their willpower.
11. Cadets can identify benefits of gratitude and will be able to list what they are grateful for.
12. Cadets can list two of the four steps to properly deal with anger.
13. Cadets can select good sleep habits and identify bad sleep habits.
14. Cadets can identify the substance that the sun produces and regulates in the human body. Cadets can also select an appropriate time window for daily sun exposure.
15. Cadets will be able to recognize the following difficult situations, and given this document, will be able to make some recommendations to manage the following difficult situations:

a) Rejection	j) Coping with Death
b) Embarrassment	k) Jealousy
c) How to Break Up	l) Leaving an Abusive Relationship
d) Coming out of the Closet	m) Toxic Relationships
e) Breaking Bad News	n) Low Body Image
f) Apologizing	o) Fear
g) Bullying	p) Suicide
h) Cyberbullying	q) Suicide(Others)
i) Finding Closure	
16. Cadets will experience one of the Inspirational talks and can write down their opinions about the talk.

B1. Manage your Stress

[Stress Management Strategies: Ways to Unwind](#): Overview (5 min 5 s YouTube Video, Watchwellcast)

- Stress can build up and negatively affect health
- School tests, social media, and family situations are just a few things that can cause stress
- There are ways to positively manage and relieve stress
- Many of the healthy tools listed below can help reduce stress

❖ Quick Tips for Stress Relief:

- 1) Clean where you live / your room
- 2) Clean yourself (bath or shower)
- 3) Progressive muscle relaxation
- 4) Exercise
- 5) Laughter
- 6) Treat yourself to something good to eat (such as dark chocolate)
- 7) Smell mint or lavender scents

Use Guided Relaxation

Guided relaxation is a process that takes a participant through three techniques used to help relax. The first technique is breathing. Taking a series of deep, slow breaths, in through your nose, and out through your mouth quickly reduces tension, increases oxygen transportation to your body, lowers pulse rate, and lowers blood pressure. It also forces you to relax your mind as you concentrate on breathing. The second technique that guided relaxation uses is progressive muscle relaxation. That simply means that you tighten up muscles in your body and then deliberately relax them. This is done in a progressive manner from head to toe (or the other way around) until each muscle is relaxed. The third technique common in guided relaxation is visualization and is simply holding a positive, safe, relaxing image in your mind and concentrating on the image. The following guided relaxation examples make use of these techniques.



Guided Relaxation (Audio Recordings from Loyola University, Maryland)
(<http://www.loyola.edu/departments/counseling-center/students/relaxation>)

Audio file #1 (General Body Relaxation/Affirmation): 13 mins 24 secs



CC Website Relax Bonnie.mp3

Audio file #2 (General Body Relaxation/Affirmation): 8 mins 47 secs



CC Website Relax Steve.mp3

Audio file #3 (Exam Preparation): 11 mins 50 secs



taking_exam.mp4

Audio file #4 (Public Speaking): 12 mins 43 secs



public_speaking.mp4

These relaxation techniques are commonly used by professional athletes, speakers, and professionals who need to perform on demand. Micro (very short time)-versions of them can be used by Cadets immediately before stressful situations to help calm and focus.

B2. Do Yoga or Tai Chi

Yoga Videos

[Benefits of Yoga](#) (4 min 36s YouTube Video, Watchwellcast)

- Oxford University: Less Stress, Lower Blood Pressure, Better Sleep
- National Institute of Health: Reduce Back Pain, Relieve Asthma
- Flexibility, Strength
- Mental Health
- Happiness

[Yoga for Teens](#): Energizing Flow (30min 2s YouTube Video, Wanderlust)

- Flow yoga focuses on many movements put together

[Power Yoga for Kids and Teens](#) (30min 12s YouTube Video, SeanVigueFitness)

- Power / Strength workout
- Reduces stress





Tai Chi

Videos

[Tai Chi Workout for Beginners](#): Chinese Tai Chi Chuan (6 mins 47s YouTube Video, Jake Mace)

[Top 10 Tai Chi Moves for Beginners](#): Chinese Tai Chi Chuan (8 mins 41s YouTube Video, Jake Mace)

B3. Meditate

[How to Meditate](#): (6mins 15s YouTube Video, Watchwellcast)

- Goal=Focus
- University of Massachusetts Study: Better Mood, Pain Reduction
- National Institute of Health: Improve blood flow to brain, Decreased blood pressure
- Types: Breathing exercises, Visualization, and Mantra
- 100 second meditation

Meditation Audio file #1 (Quick Getaway): 4 mins 3 secs



Quick_Getaway meditation.mp3

B4. Exercise Aerobically

[Exercise and the Brain](#): (4 mins 38s YouTube Video, Watchwellcast)

[Exercise Is Medicine™-Aerobic Exercise-Three Types](#): (2mins 23s YouTube Video)

- **Aerobic** exercise is good for both your mental and physical health
- Decide which of the three types you should begin
 - o No impact
 - o Low impact
 - o High impact
- 30-60 minutes a day
 - o At least 3 days a week
 - o 6 days a week is ideal
- Start out slow and increase intensity and/or number of days as you're able to do so



B5. Declutter and Organize

[Clearing Your Clutter](#): (5mins 15s YouTube Video, Watchwellcast)

- Clutter:
 - o Harms your mental health (Stuff ≠ Happiness)
 - o Causes you to lose focus
 - o Produces stress hormones
 - Heart problems
 - Obesity
 - Skin problems
- Go through stuff, and put everything into 3 piles
 - o Trash
 - o Donate
 - o Sell
- Take photos of stuff that has meaning (but still get rid of it)



B6. Manage Your Time

[Manage Your Time Better](#): (4mins 9s YouTube Video, Watchwellcast)

- Good time management improves wellness and reduces stress
- Three Steps
 - o Record everything you do (wakeup to bedtime)
 - o Analyze journal (look for biggest time wasters)
 - o Change
 - Prioritize ('to do' lists – limit to 5)
 - Declutter
 - Schedule (set start and stop times and stick to it)



B7. Disconnect from Technology

[Disconnect from Technology](#): (5mins 4s YouTube Video, Watchwellcast)

- Schedule a period each day that's *technology* free
- If you can, do it (anything) in person
- Go outside (leave your technology)
- Don't fall asleep with your phone next to you

B8. Break Bad Habits

[How to Break Bad Habits](#): (5mins 4s YouTube Video, Watchwellcast)

- How habits form: Brain likes repetition, Positive Reinforcement
- How to stop them:
 - o Write down the bad habit
 - o Learn to avoid the triggers

- Substitute bad habits with better habits
- Recruit others to help keep you accountable to stay on track

B9. Stop Procrastinating

[How to Stop Procrastinating:](#) (5mins 12s YouTube Video, Watchwellcast)

- Trick yourself into getting the job done
- Break big tasks down into smaller ones
- Start with the easy tasks first
- Ignore / remove distractions

B10. Eat for Wellness

[The Willpower Workout:](#) (5mins 31s YouTube Video, Watchwellcast)

- Self-control is a *finite* resource (like a muscle)
- It can be strengthened with deliberate workouts

[Beating Sugar Addiction](#) (5mins 21s YouTube Video, Watchwellcast)

- Get your sugar intake under 50 grams (World Health Organization (WHO) recommendation)
- Get familiar with the *grams* of sugar in your diet
 - Cut out sugar (drink water or unsweetened tea)
 - Switch to Natural (no sugar added)
 - Snack on healthy vegetables and nuts

B11. Practice Gratitude

[Gratitude:](#) (4mins 43s YouTube Video, Watchwellcast)

- Scientifically proven to improve happiness, sleep, and exercise
- Write down things you're grateful for
- Express gratitude to others by thanking them in person
- Do things for others

B12. Manage Anger

[Anger Management:](#) (4mins 9s YouTube Video, Watchwellcast)

- Anger hurts your physical health and *immune system*
- When you get angry:
 - Control your breathing (deep breathing)
 - Relax your muscles
 - Write down what made you angry

- Later, put it in context (*displacement*)

B13. Get Enough Sleep



[How to Sleep Better](#) (5mins 05s YouTube Video, Watchwellcast)

- Sleep *deprivation* is bad for your mental and physical health
- The following are things you can do to help you fall asleep and get enough sleep:
 - Establish a regular sleep and wake schedule
 - Have a bedtime routine
 - Drink decaf tea
 - Take a bath
 - Do 15 minutes of yoga
 - Read a chapter in a book (a non-violent story!)
- Create an optimal sleep environment (dark and cool)
- Stop watching the clock
- Unplug
 - Tech-free zone
 - No video games
 - No internet activity

B14. Get Some Sun

[Sun Challenge](#) (4mins 44s YouTube Video, Watchwellcast)

- Mental and physical health benefits (But wear sunscreen)
- Helps produce *serotonin* and Vitamin D and regulate *circadian rhythms*
- 5-15 minutes per day
- Journal how you feel before and after going outside



B15. Deal with the Difficult

Rejection

[Dealing with Rejection](#) (4mins 45s YouTube Video, Watchwellcast)

- Rejection is like physical pain - it hurts
- Taking back your life (process)
 - Beef up your self-esteem (journal your accomplishments)
 - Treat your injuries (sleep + nutrition + exercise)
 - Get proactive (new friends, groups, interests, etc.)



Embarrassment

[How to Deal with Embarrassment](#): (5mins 00s YouTube Video, Watchwellcast)

- Physiological Response
- 3 Tips
 - o Force yourself out of the spotlight (world is not focused on you)
 - o Don't apologize – Downplay it
 - o Don't dwell on it – Change the channel (fixation turns into shame)

Breaking Difficult News

[How to Break Up](#) (5mins 39s YouTube Video, Watchwellcast)

- 7-step plan:
 - o Make sure you want to go through with it
 - o Figure out exactly what you're going to say
 - o Plan a 3-hour time frame
 - o Make plans for directly after the 3 hours
 - o Say it, be honest but sympathetic
 - o When it Over, it's Over (Don't leave emotional loose ends)
 - o Exchange/Return stuff (In public)

[Coming Out of the Closet](#) (5mins 15s YouTube Video, Watchwellcast)

- Make sure you're ready
- Tell someone you trust and who cares about you
- Plan it out (Don't apologize or make excuses)
- Say it
- Remember you are not alone

[Breaking Bad News](#) (5mins 21s YouTube Video, Watchwellcast)

- Schedule a time to talk and stick to it (pick best time for recipient, but don't delay)
- Plan what you're going to say
- Assess the situation for yourself
- Just do it. Say what you have to say sensitively and *expediently*
- Move forward – Apologize if needed – Turn it into a discussion

[Apologizing](#) (5mins 20s YouTube Video, Watchwellcast)

- Those who apologize are emotionally healthy
- Those who apologize are financially better (study)
- 4 steps for an apology
 - o Assess the situation – what happened
 - o Write out the apology (don't say "but")
 - o Apology should be a conversation, not a monologue
 - o Make amends (change your behavior)

[Ways to Stop Bullying](#) (5mins 30s YouTube Video, Watchwellcast)

- Bullying is common (1/3 of all students are bullied)
- This isn't your fault (Remember how great you are)
- Build your army (Surround yourself with those who care about you)
- Tactics include: ignore the bully, avoid when possible, travel in packs, find a way out
- Find someone you can talk to (teacher, guidance counselor, parent, friend)

[How to Beat Cyber Bullying](#) (5mins 07s YouTube Video, Watchwellcast)

- Journal of Adolescent Health: This can be worse than normal bullying
- This isn't your fault (Remember how great you are)
- 4 step process
 - o Tighten up all your security settings (Privacy is prevention)
 - o Don't respond or retaliate (Pours gas on the fire)
 - o Block the Bully if possible (Contacts only can contact you)
 - o Save the information and tell someone (Cyber bullying is prohibited on most social media sites and is illegal in several states)



Finding Closure / Grieving

[How to Move on and Find Closure](#) (3mins 39s YouTube Video, Watchwellcast)

- Acknowledge your feelings and don't run from them
- Let it out – talk to a friend or write in your journal
- Give yourself time and space – healing takes time
- Forgive actively!
- Give the situation formal *resolution*

[Coping with Death](#) (4mins 13s YouTube Video, Watchwellcast)

- Grief is a process

- Stages of grief (denial, anger, bargaining, depression, and acceptance) don't always come in order or in a certain time
- Don't be afraid of the pain – acknowledge it exists
- Remember yourself - Do things that bring you joy
- Keep up your physical health
- Reach out! – You don't have to be alone

Jealousy

[Dealing with Jealousy](#) (4mins 31s YouTube Video, Watchwellcast)

- Almost always comes from insecurity
- 3 Coping skills
 - Acknowledge (Admit you're jealous by writing it down)
 - Communicate (Tell the others how you feel, apologize, be honest, use "I" statements)
 - Resolve (Listen to others)

Relationships

[Leave an Abusive Relationship](#) (5mins 00s YouTube Video, Watchwellcast)

- If your safety is in jeopardy:
 - Call 911 or
 - The National Domestic Violence Hotline at 1-800-799-SAFE
- An abusive relationship is not normal
- Warning signs the relationship is abusive www.loveisrespect.org
 - The other puts you down especially in front of others
 - Extremely Jealous
 - Easily lose temper
 - Try to keep you away from friends and family
 - Physically hurt you
 - Friends or Family have tried to warn you about this person
- Build your army-have them surround and support you
- Plan a safe break-up (doesn't have to be done in person)
- Turn to someone who can help you out

[Ending Toxic Relationships](#) (4mins 29s YouTube Video, Watchwellcast)

- Are you in a toxic relationship? – Diagnose
 - o How do you feel when you're around this person?
 - o Does this person put you down?
 - o Are they jealous when you spend time with others?
 - o Do they want to change you?
 - o Do they take more than they give?
 - o Do you only do things THEY want to do?
- Analyze what your role is
- Build Boundaries and stick to them
- Recognize you can't change others, but you can stop being a doormat
- Get a second opinion
- Look out for yourself and build self esteem

Low Body Image

[Self-Esteem Tips: Dealing with Body Image](#) (5mins 23s YouTube Video, Watchwellcast)

- Look inward and be your own inspiration
- Don't sacrifice current health for your future body
- Don't keep moving goal posts back
- Talk it out with a health specialist
- Step away from the mirror and help someone else



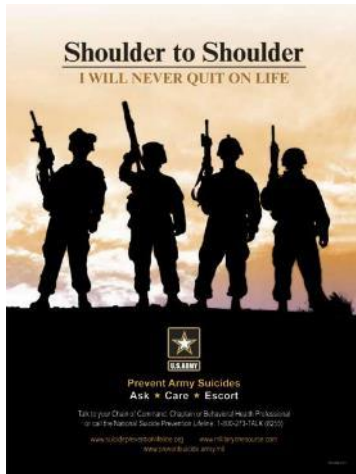
Fear

[5 Tricks to Overcome Fear](#) (5mins 17s YouTube Video, Watchwellcast)

- Put your fear under a microscope
- Put your fear into context
- Rationalize (Look at the real odds)
- Force yourself to relax (Use the relaxation techniques above)
- Acclimate yourself to the fear

Suicide

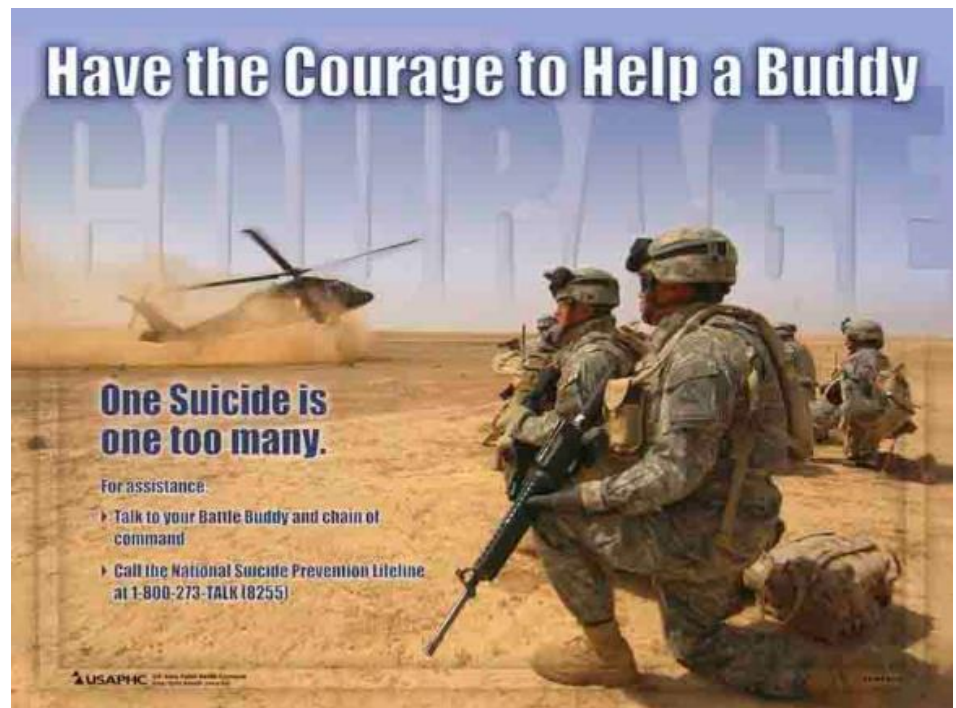
[For Those Considering Suicide](#) (4mins 30s YouTube Video, Watchwellcast)



- Call 1-800-273-TALK
- Realize your worth
- Seek support (poem or journal)
- Share with a trusted person
- Most suicides have evidence of depression, bipolar, or other mental illness. This means that it's treatable!
- Seek help
 - o Befrienders Worldwide www.befrienders.org/need_to_talk
 - o IM Alive www.imalive.com
 - o Kristen Brooks Hope Center 1-800-784-2433
 - o Lifeline Crisis Chat www.crisischat.org/chat
 - o National Suicide Prevention Hotline 1-800-273-8255
 - o The Trevor Project (LGBTQ Youth) 1-866-488-7386
- o Youth America Hotline 1-877-968-8454

[How to Help Someone Who is Suicidal](#) (4mins 32s YouTube Video, Watchwellcast)

- Call 911 if you believe they are in danger
- Recognize the symptoms
 - o Friend talks of hopelessness or anxious
 - o Behavioral changes (withdrawn, sleep changes, alcohol, drugs, giving away belongings)
- Initiate dialogue in a non-judgmental way
- React with feeling (Compassion and there to listen)
- Shift the focus from pain sources to treatment sources
- Stay connected



B16. Seek Inspiration

[Inspirational Movie Quotes](#) (2mins 43s, YouTube Video, Watchwellcast)

[Inspirational Life Quotes](#) (3mins 30s, YouTube Video, Watchwellcast)

[The Fringe Benefits of Failure](#) by JK Rowling (20 mins 58s, YouTube Video, TED Talks)

[How Great Leaders Inspire Action by Simon Sinek](#) (18 mins 04s, TED Talk Video)

[Looks aren't Everything. Believe me I'm a Model.](#) by Cameron Russell (9 mins 37s, TED Talk Video)

[The Power of Vulnerability](#) by Brene Brown (20 mins 19s, TED Talk Video)

[The Surprising Science of Happiness](#) by Dan Gilbert (21 mins 16s, TED Talk Video)

[Grit: The power of passion and perseverance](#) by Angela Lee Duckworth (6 mins 12s, TED Talk Video)

[Chris Hadfield: What I learned from going blind in space](#) (18 mins 18s, TED Talk Video)