

Name of Cadet: _____

Wellness Techniques Assessment

“Techniques Learned”

For each hint below, fill in the name of the technique learned:

1. Strategies to unwind (2 words): _____
2. Flexibility and strength are a benefit: _____
3. The goal is to focus: _____
4. 30-60 minutes a day (2 words): _____
5. Do something with your 'stuff' (2 words): _____
6. Prioritize, declutter, and schedule (3 words): _____
7. Take a break (3 words): _____
8. Substitute the good for the bad (3 words): _____
9. Start with easy tasks first (2 words): _____
10. It takes willpower (3 words): _____
11. Say "Thank you" (2 words): _____
12. Control your breathing (2 words): _____
13. Create a dark and cool environment (2 words): _____
14. Serotonin and Vitamin D (3 words) are benefits: _____

15. Recognize the situation and manage it (4 words): _____

16. Look for mental stimulation to do or feel something (2 words): _____
