

## Wellness

The Wellness team provides information and resources that help Service members develop and enhance all aspects of wellness, including physical wellness, emotional well-being, financial security, and more. The Wellness team currently provides Health and Wellness Fairs, "Train the Trainer" for Suicide Prevention and Financial Peace University.

**Post-traumatic stress disorder (PTSD)** is a real illness. You can get PTSD after living through or seeing a traumatic event, such as war, a hurricane, rape, physical abuse or a bad accident. PTSD makes you feel stressed and afraid after the danger is over. It affects your life and the people around you.

About 7% of US Civilians have PTSD in their lifetime. According to research following the early years of the current conflicts in Afghanistan and Iraq, 11-20% of veterans developed PTSD.

Most service members coping from war zones have stress reactions, but only a small number will develop PTSD.

### PTSD can cause problems like

- Flashbacks, or feeling like the event is happening again
- Trouble sleeping or nightmares
- Feeling alone
- Angry outbursts
- Feeling worried, guilty or sad

PTSD starts at different times for different people. Signs of PTSD may start soon after a frightening event and then continue. Other people develop new or more severe signs months or even years later. PTSD can happen to anyone, even children.

Medicines can help you feel less afraid and tense. It might take a few weeks for them to work. Talking to a specially trained doctor or counselor also helps many people with PTSD. This is called talk therapy

### FACTORS CONTRIBUTING TO PTSD:

- How severe the trauma was
- If they were injured
- The intensity of their reaction to the trauma
- Whether someone close to them died or was injured
- How much their own life was in danger
- How much they felt they could not control things
- How much help and support they got following the events

### STEPS TO SOLVING THE PROBLEM (PTSD) AND GETTING HELP:

Treatment involves several steps

- First, a professional will evaluate the symptoms with a full interview
- Next, the person often receives education about PTSD and other conditions, including symptoms & how they can affect people
- Finally, a treatment approach is selected that best fits the person's needs, which could include therapy, medication, or a combination of both.

There are good treatments available for PTSD. Cognitive-behavioral therapy (CBT) appears to be the most effective. Exposure therapy is a CBT where you talk about your trauma repeatedly until the memories are no longer upsetting. Cognitive therapy is another CBT. It helps you identify trauma-related thoughts and change them so they are more accurate and less distressing.

**PTSD Resources:**

<http://www.ptsd.va.gov>

<http://www.ptsdinfo.org>

<http://www.mayoclinic.com/health/post-traumatic-stress-disorder/ds00246/dsection=symptoms>

## **Resiliency**

What is resiliency?

It is the positive capacity of people to cope with stress and adversity or the ability to recover from or adjust easily to misfortune or change. Resilience is most commonly understood as a process, and not a trait of an individual. The idea of Resiliency Training is to improve performance in combat and reduce problems like depression, post-combat stress disorder and suicide. The approach is based on positive psychology and aims to give soldiers tools to diffuse negative assumptions and emphasize resilience.

**Resiliency Resources:**

National Institute of Mental Health: <http://www.nimh.nih.gov/index.shtml>

[www.realwarriors.net/](http://www.realwarriors.net/) The Outreach Center can be reached toll-free at 866-966-1020 or via e-mail at [resources@dcoeoutreach.org](mailto:resources@dcoeoutreach.org).

<http://www.armyg1.army.mil/hR/suicide/>

*The ARNG Leader's Guide to Soldier Resilience*: a guide for Soldier Resiliency training, found on the G1 SharePoint.

## **Suicide Prevention**

The Wellness Team offers “train the trainer” suicide prevention training. They do not come to teach the unit’s annual training requirement for suicide prevention. The training can be tailored to meet your unit’s need, training leaders to gear their annual suicide prevention training toward specific issues they face in their units. The Wellness Team also provides resources for training or display such as ACE cards, Training Tips, etc.

**Warning Signs for Suicide:**

- Threatening or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, available pills or other means
- Talking or writing about death, dying or suicide when these actions are out of the ordinary for the person
- Feeling hopeless

- Feeling rage or uncontrolled anger or seeking revenge
- Acting reckless or engaging in risky activities - seemingly without thinking
- Feeling trapped - like there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family and society
- Feeling anxious, agitated or unable to sleep or sleeping all the time
- Experiencing dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life

### **How to Help a Suicidal Person Who Needs Hospitalization**

- **Always take suicidal comments very seriously.** When a person says that he or she is thinking about suicide, you must always take the comments seriously. Assuming that the person is only seeking attention is a very serious, and potentially disastrous error. Get help immediately.
- **Follow the information that is on the [home page of Suicide.org](http://www.suicidepreventionlifeline.org/).** Always remember that you need to call 911 or your local emergency number immediately for anyone who is at a high risk for suicide. Do not hesitate.
- **Try not to act shocked.** The person is already highly distressed, and if you are shocked by what is said, the person will become more distressed. Stay calm, and talk with him or her in a matter-of-fact manner, but get help immediately. If the person is at a high risk for suicide, call 911 immediately.
- **Get help immediately. Call 911, 1-800-SUICIDE, or 1-800-273-TALK.** This point cannot be overemphasized; a person who is suicidal needs immediate professional help.
- **Do not handle the situation by yourself.** A suicidal person needs immediate assistance from qualified mental health professionals. Again, call 911, 1-800-SUICIDE, or 1-800-273-TALK. And do not allow untrained individuals to act as the only counselors to the individual.

### **Suicide Prevention Resources**

Suicide Prevention Lifeline at 1-800-273-TALK (8255) or <http://www.suicidepreventionlifeline.org/>

Tragedy Assistance Program for Survivors (TAPS) <http://www.taps.org/>

Suicide Prevention videos: "Shoulder to Shoulder" <http://www.armyg1.army.mil/hr/suicide/default.asp>

The Pentagon Channel created several 30-minute videos, exploring suicide: <http://www.pentagonchannel.mil/?category=Restoring%20Hope>

Financial Peace University, designed by Dave Ramsey ([www.daveramsey.com](http://www.daveramsey.com)), provides the practical skills and confidence needed to achieve your financial goals and experience true financial peace. Classes run for 13 weeks of weekly 2-hour sessions. The first part of each class is a video lesson by Dave Ramsey, and the second part is a discussion and question and answer period.

#### **Financial Goal Resources:**

<http://www.savingadvice.com>

<http://www.dumblittleman.com/>

<http://www.clarkhoward.com/>

<http://www.thesimpledollar.com/>

<http://frugalliving.about.com>

<http://www.frugalvillage.com>

#### **Comprehensive Soldier Fitness**

The goal of **Comprehensive Soldier Fitness** is to increase resilience and enhance performance and Soldier readiness by developing the five dimensions of strength

Build confidence to lead, courage to stand up for one's beliefs and compassion to help others. Comprehensive Soldier Fitness is about maximizing one's potential.

The focus of the program is identification of the 5 dimensions and strengthening a Soldier's general resilience by working on the specific dimensions. The dimensions are:

1. Physical - Performing and excelling in physical activities that require aerobic fitness, endurance, strength, healthy body composition and flexibility derived through exercise, nutrition and training.
2. Emotional - Approaching life's challenges in a positive, optimistic way by demonstrating self-control, stamina and good character with your choices and actions.
3. Social - Developing and maintaining trusted, valued relationships and friendships that are personally fulfilling and foster good communication including a comfortable exchange of ideas, views, and experiences.
4. Family - Being part of a family unit that is safe, supportive and loving, and provides the resources needed for all members to live in a healthy and secure environment.
5. Spiritual - Strengthening a set of beliefs, principles or values that sustain a person beyond family, institutional, and societal sources of strength.

<http://www.army.mil/csf>

#### **Other Resources**

Wellness resources for the military community: AfterDeployment.org

<http://www.afterdeployment.org/web/guest;jsessionid=F6044614F9AC9478B18D7D2266A24BFE>

GAT / Global Assessment Tool: [www.army.mil/csrf/](http://www.army.mil/csrf/). The program, based on 30-plus years of scientific study and results, uses individual assessments, tailored virtual training, classroom training and embedded resilience experts to provide the critical skills our Soldiers, Family members and Army Civilians need.

Wellness Resource Website <http://phc.amedd.army.mil/Pages/default.aspx>

Iraq and Afghanistan War Veterans: <http://iava.org/>

[www.va.gov](http://www.va.gov) / readjustment Counseling Service: 800-905-4575

Military OneSource: [www.militaryonesource.com](http://www.militaryonesource.com) / 800-342-9647

### **Diet and Exercise Resources**

<http://www.beachbody.com/>

<http://www.sparkpeople.com/>

[www.thedailyplate.com](http://www.thedailyplate.com)

[www.mynetdiary.com](http://www.mynetdiary.com)

<http://www.fullfitness.net/>

[www.oxygenmag.com](http://www.oxygenmag.com)