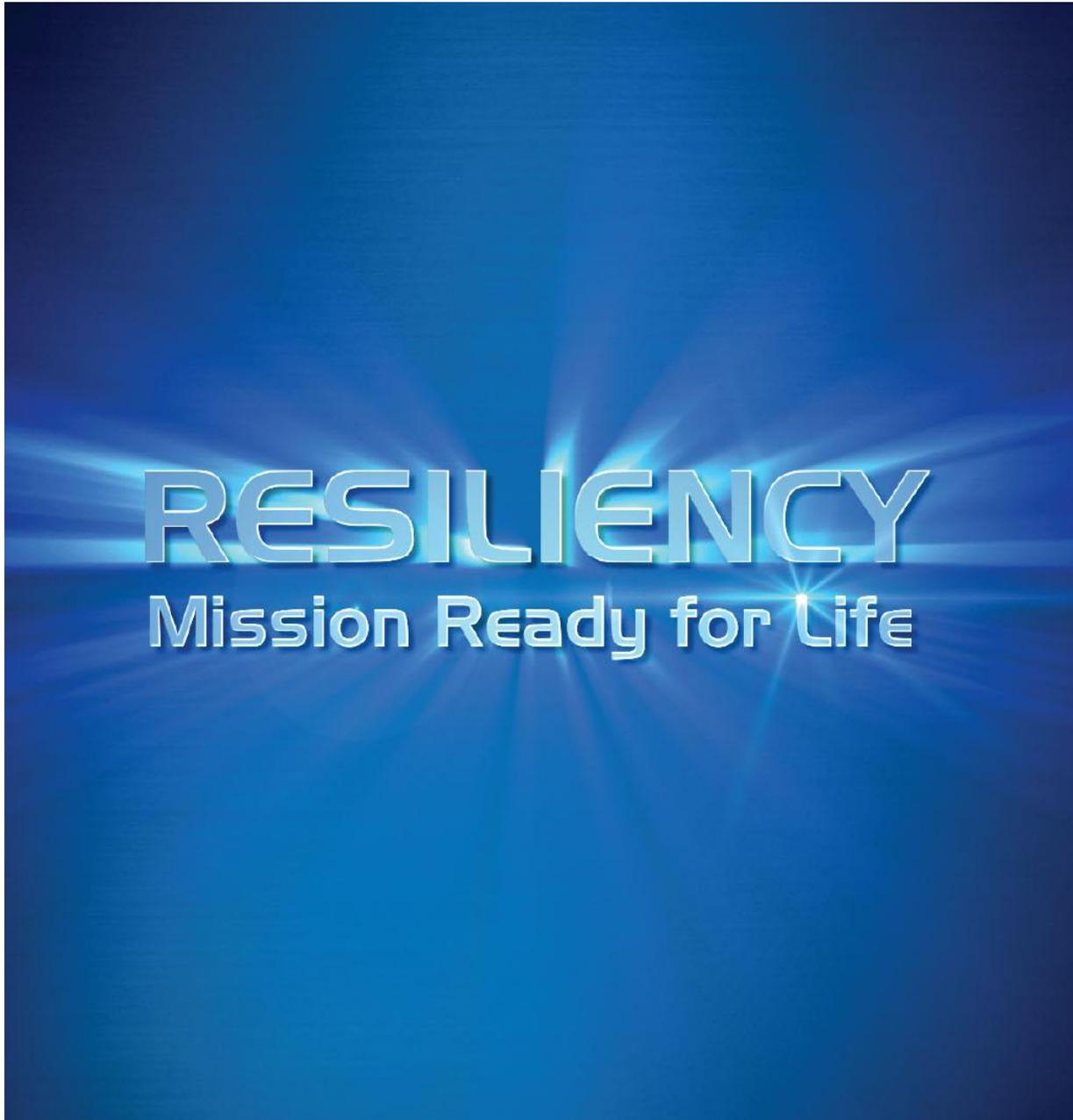


FACILITATOR'S DISCUSSION GUIDE

For use with the DVD "Resiliency: Mission Ready for Life"



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ABOUT THE RESILIENCY CENTER

MISSION

The Resiliency Training Center is available to local and state organization personnel, as well as their families, whose duties place them in harm's way. Its mission is to provide a comprehensive range of customized education and training that instill the tools necessary to handle high level stress, accurately identify potential problems, and develop both individual and group techniques to survive and prosper in times of great stress. Training will address the problems encountered by military and other first responders, disaster personnel and their families.

HISTORY

In 2006, the number of Kansas National Guard suicides equaled the number of combat related deaths. In response the Adjutant General of Kansas started the Resiliency program to counteract this trend. The project started with a multi-faceted approach using predeployment marriage workshops, stress relief training, and employment programs

With funding from the National Guard Bureau, a team was assembled to begin a pilot program to create resilient service members and families. The Resiliency team began interviewing leaders and conducting analysis of existing leadership and stress management training programs. The Resiliency Center has since deployed the Flash Forward Leadership Resiliency Training course, and has other resiliency courses currently in development .

The Resiliency Center has gathered information and collaborated with the following organizations:

- USMC, Combat Operational Stress Control Program
- US Air Force
- US Army
- US Army Center for Enhanced Performance Military Operational Medicine Research Program
- US Army Medical Research and Materiel Command, Ft. Detrick, MD
- US Navy, Navy Bureau of Medicine and Surgery National Center for PTSD
- National Defense University
- American Psychological Association
- American Psychiatric Association
- Walter Reed Institute for Army Research (WRAIR)
- Kansas State University, School of Family Studies and Human Services, Institute for the Health and Security of Military Families
- Israeli Army and Psychological Health Programs

CONTACT INFORMATION

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RESILIENCY: MISSION READY FOR LIFE

DISCUSSION GUIDE

OVERVIEW

This Discussion Guide is intended to assist you in facilitating a discussion about the training film, “**Resiliency: Mission Ready for Life.**” While the film was developed to be **suitable as a self-led training piece viewed at home**, this Discussion Guide provides Guard leaders with **an option for watching and discussing the film during a drill weekend**. The film could also be used in similar fashion with a **Family Readiness Group**.

The Resiliency film was developed for viewing by all National Guard members and their significant others. **While it is suitable for adults at all stages of life, it is particularly geared toward the younger, lower-ranking Guard member**, who is less likely to have mastered the tools and techniques taught in the film. Older, higher ranking Guard members are likely using some form of these concepts in their own day-to-day lives, whether they are conscious of them or not, as well as coaching and guiding the Guard members under their command.

The film and the Discussion Guide are geared toward Guard members and family members who are willing and able to learn what is taught and apply it to their lives. You may have Guard members or family members who are coping with critical mental health issues and need more support than it is possible to provide via this format. These people should be referred to the appropriate support services.

FILM/DISCUSSION OBJECTIVES

This Discussion Guide is geared toward helping leaders reinforce the learning objectives of the DVD. At the end of the film, viewers should have a basic understanding of:

- What resiliency is and why the concept is important
- Physical self-care techniques they can use to be more resilient
- Psychological self-care techniques they can use to be more resilient
- Relationship/family techniques they can use to reduce stress in their primary relationships

Discussion should be primarily geared toward reinforcing these learning objectives by **encouraging viewers to share their own perspectives, think about how they currently handle challenges, and commit to applying some of the concepts in their own lives.**

The **desired result** of the discussion is to further motivate and encourage viewers to **put practical takeaways to work immediately in their day-to-day lives**, and to enable viewers to share practical ideas with each other.

HOW TO STRUCTURE THE DISCUSSION

The 53-minute Resiliency film has **two main components** that are blended together:

- **Documentary-Style Training:** In the documentary parts of the film, resiliency concepts are taught in a linear style through interviews with subject matter experts and Guard members, tied together by an onscreen host.
- **Fictional Storyline Supporting Training:** In the fictional storyline, resiliency—or a lack thereof—is illustrated by five fictional Guard members (the “Wolf Pack”) and how they handle events in their lives. The fictional scenarios are interspersed among the documentary style sections.

This guide provides two formats for discussing the film, based on how much time you have:

1. **Shorter Format (~1:15 hours):** Watch the film from beginning to end and then lead a brief discussion. Turn to the next page.
2. **Longer Format (~2 hours):** Stop the film after major points (indicated in the guide) to discuss the content. Turn to page 11.

The questions and answers provided are suggestions. You will probably not use all of the questions, or get all of the answers. If viewers are offering good discussion and feedback, and want to piggyback off of what others say, let them, so long as people are staying generally on point and you have the time. Pick and choose among the questions and go with the flow. Pay attention to what your audience is interested in. When they start to drift, ask a different question.

After the film and discussion, you may want to offer a handout listing local resiliency resources for Guard members and family such as chaplain, Family Readiness Group, Family Assistance Center, financial/credit counseling, employment centers, state education programs, substance abuse help, etc.

DISCUSSION GUIDE—SHORTER FORMAT

Show the entire film (53 minutes), and then lead a brief discussion in the time remaining to you (ideally at least 22 minutes, for a total activity time of one hour and 15 minutes).

We have provided a summary of each section of the film for your reference, followed by questions for discussion and the type of answers you're looking for from your audience.

FILM SUMMARY

Act I: Wolf Pack Storyline

- **Scene 1:** "Returning from RSP." Introduction to the "Wolf Pack"—a group of friends who met at Recruit Sustainment Program (RSP) and are returning home via bus and joking around. Members include Jack Billsen, Ross Berglund, Marc Dotson, Sabrina Kim, and Miguel Lopez. Jack Billsen is the "golden boy" and a natural leader.
- **Scene 2:** "Five Years Later." Wolf Pack members (as well as Jack's NCO, SFC Avery Weber and Miguel's wife Rebecca) talk directly to the camera about negative changes they've seen in Jack and stressful things that are going on in their own lives. We also see Jack and other characters going about their lives.

Introduction

- Resiliency is defined as **the ability to bounce back from life's challenges**.
- Resilient people have a number of skills in common, many of which you can develop with practice. **You can become more resilient.**
- The film will cover resiliency concepts in three areas: body, mind, and relationships

Part 1: Take Care of Your BODY

- **Get the Sleep You Need:** Lack of sleep degrades mental performance even faster than physical performance. It affects your health and emotional response. Adequate rest is critical to resiliency.
- **Eat Right:** Physical/emotional resiliency can be improved by eating nourishing whole foods and drinking water, and by avoiding empty calories and short-lived "self-medication" such as alcohol, drugs, or excessive caffeine intake.
- **Exercise:** Exercise is important for physical strength, endurance, and flexibility, but it is also an important stress reducer. Regular exercise contributes greatly to your resiliency.
- **Regulate Breathing:** Learning to calm oneself through regulated breathing is a resilient behavior. Yoga, meditation, tai chi, and other practices encourage breathing regulation. You can also just take a few minutes to yourself to take calming breaths to reduce stress.

Act II: Wolf Pack Storyline

- **Scene 1:** Wolf Pack members speak directly to the camera about how Jack inspired them, and how he has changed and withdrawn recently. Dotson talks about the loss of his mother and brother, and how he understands what Jack is going through, but that he doesn't understand his withdrawal.

Part 2: Take Care of Your MIND

Researchers have found that resilient people have a number of psychological skills in common. While these come more naturally to some people, they can become habitual with awareness and practice.

Positive Outlook

- **Shift your thinking:** Optimism and pessimism are habitual ways of looking at the world. A pessimist often generalizes and "catastrophizes" negative events. If one thing goes wrong, "everything" is wrong and life is horrendous. An optimist can experience the same negative event but put it in perspective, seeing it as one setback while other aspects of life are okay.
- **Have a sense of humor:** Humor allows you to get some distance from the event, release tension, and gain a bit of control.
- **Find positive role models:** People who handle challenges well can inspire you to be more like them. They may have helpful advice to offer, or fresh ideas and perspectives.
- **Take time to recharge:** After stressful events, taking time to recover is a resilient behavior. It could be a short getaway into nature or wherever you feel rejuvenated.

Meaning-Making & Learning

- **Find meaning from the experience:** Resilient people are able to see how they have grown or learned from the challenges they've faced, or how they can help others because of what they have gone through. It may take some time to see the meaning or life lesson in a traumatic event.
- **Find strength in the purpose or mission of your life:** Resilient people believe in a mission or purpose for their lives, which helps them through periods of stress.

Spirituality: For some people, meaning and purpose are tied to their sense of spirituality. Many resilient people say they rely on their faith in a higher being.

Acceptance of Limits & Circumstances

- **Recognizing what is changeable and what is not, and accepting what you cannot change** is an important resiliency skill to avoid wasting time and energy better spent elsewhere.
- This skill is similar to the "Serenity Prayer" you may have heard before: "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

Active Coping: Resilient people are more likely to be active than passive in responding to challenges. They do not deny or avoid the problem, vent or blame endlessly, expect someone to rescue them, or mask the problem with substance use.

- **Take action to fix things:** This doesn't mean acting impulsively or immediately. Your first actions might be gathering information or thinking about the problem, then making decisions and acting on them.
- **Look for creative solutions:** Resilient people are more likely to think of new ways to handle something, rather than continuing to try things that don't work out of habit or fear.
- **Find ways of getting help:** Turn to your role models or social support network if you need to.

- **Do what is necessary:** Avoidance only postpones the problem. Don't give up.
- **Face your fears:** Stay cool under fire, don't panic. Often when you act you find what you feared isn't as bad as you thought it would be.

Self-Efficacy: Efficacy means effectiveness. You could also call it self-confidence. Resilient people believe in themselves and believe they can handle events that happen in their lives.

Act III: Wolf Pack Storyline

- **Scene 1:** Jack gets chewed out by his NCO and then is seen playing video games, again, and ignoring his ringing phone.
- **Scene 2:** Wolf Pack members talk with concern about Jack's growing isolation.

Part 3: Take Care of Your Relationships

Expand and Strengthen Your Social Support Network: Resilient people aren't "lone wolves." They value their social ties and rely on them in challenging times.

Apply Resiliency Skills with Friends and Family: You can apply the psychological skills you learned in part two to your relationships. You can help each other practice new habits.

Build Interpersonal Resiliency Skills: Resilient relationships depend on good communication skills and a mutually levels of influence and authority in the relationship or family.

Maintain Family Time and Routines:

- Making **family time** a priority can help strengthen relationships and help every member better cope with stress.
- **Family routines** can be very helpful to providing a sense of stability and comfort, and can reduce stress by reducing the number of decisions you have to make every day.
- **Family rituals**—even just simple ones like a goodnight kiss—can nurture provide positive emotional memories and bonding between family members.

Balance & Transition:

- Improving resiliency can be a matter of finding a healthier **balance** for you and your family between your home, work or school, Guard, and other obligations
- Becoming aware of how you **transition** from one area of your life to another. For example, when drill or annual training is coming up, you may act differently at home without being aware of it. Use awareness to avoid taking out stress on your family.

Act IV: Wolf Pack Storyline

- **Scene 1:** Jack is chewed out by his boss and leaves in a huff. He's seen playing video games and blasting music, taking a phone call that ends badly, then driving aggressively and being involved in a car crash.
- **Scene 2:** Wolf Pack members talk about Jack's death and what it meant for them, as well as positive changes they have been making in their own lives, and plans to get together with the remaining Pack members.

Conclusion

QUESTIONS FOR DISCUSSION

INTRODUCTION: Definition and Importance of Resiliency

- **What is resiliency?**
- Why is resiliency important?

BODY: Physical Resiliency (Skip discussion on this section if time is short)

- The film talked about physical resiliency in terms of sleep, food, exercise, and breathing. **Give me some examples of what you do to maintain physical resiliency.** (Answers could include getting enough sleep every night, eating better, minimizing junk food, cutting back on caffeine, quitting smoking, limiting alcohol, working out, having a workout partner, yoga, tai chi, meditation, “counting to ten,” taking deep breaths)

MIND: Psychological Resiliency

Positive Outlook

- What did you think about what the doctor said about **optimism and pessimism being habitual ways of explaining events in your life?**
- Who has a **role model** who’s good at handling stress? What do they do?
- Give me some examples of what you do to **recharge**.

Meaning-Making & Learning

- Who can share a story about someone they know who has a **purpose or mission** for their life?

Spirituality

- You’ve all heard us mention the chaplain as a resource many times. Did you know that chaplains get training in counseling? They are taught how to listen, and what you tell them is confidential. While they have their own spiritual beliefs, their job is to meet you where you are. You don’t have to be religious to get a lot of help from talking to the chaplain.

Acceptance of Limits & Circumstances

- Let’s have some examples of times when you had to learn to **accept that you couldn’t change something**, and move on.

Active Coping

- How many of you know someone who just sits back and lets things happen to them, and doesn’t take positive action for their own life? Or who **blame others for everything that happens?** Or who always expects others to **rescue them** or fix their problems for them? Without naming names, give me an example of someone who reacts to life that way, and tell me how it’s working for them?
- The doctor mentioned that resilient people are good at **“cognitive reframing.”** What do you think that means? (Answer: Cognitive reframing is about finding another meaning or

interpretation for your thoughts about something that happened. For example, when you find positive meaning in something negative that happened to you, you're cognitively reframing the event. If you look at a crisis as a challenge or opportunity for growth, that's cognitive reframing.)

Self-Efficacy

- Can anyone give me an example of someone who believes in himself or herself, no matter what? Or someone who didn't used to have self-confidence, but developed it?

RELATIONSHIPS: Family/Social Support Resiliency

- **Who are the people in your social support network? Who do you turn to for support?** *(Answers could include immediate family, extended family, friends, girlfriend or boyfriend, role models, teachers, or coaches)*
- **What did the Blauvelts do to be resilient when Chris Blauvelt lost his leg and had to recover from so many injuries?** *(Answers could include: acceptance, humor, social support, seeing the good, self-efficacy, etc.)*
- Give me an example of services our **Family Programs Director or the State Chaplain** offers? *(Be prepared to list some resources they offer and fill in any your audience doesn't volunteer)*
- Regarding **balance and transition**, show of hands, how many of you are aware that you get agitated or that your behavior changes when you're gearing up for drill or AT? **What can you do to shift that?** *(Answers could include awareness, taking time to breathe, taking a moment in the car or before coming in the house, exercising to blow off steam, etc.)*

STORYLINE—Illustrations of Resilient and Non-Resilient Behavior (Skip if time is short)

- **In the fictional storyline, what behaviors was Jack exhibiting that were not resilient?** *(Answers could be: Arguing with his boss, avoiding his problems by playing video games and blasting music, driving aggressively, avoiding his friends, slacking at drill)*
- **What behaviors did you see in the other Wolf Pack members that were resilient?** *(Answers could be: Active coping—making plans, asking for help, getting social support, having a positive outlook, facing fears, self-efficacy—believing in themselves)*

TAKEAWAYS

- What did you see in this film that you could act on in your own life?
- Get out your notepads. I'd like you to **write down three ideas you got today** that you'll test out in your life.

DISCUSSION GUIDE—LONGER FORMAT

Show the film, stopping where indicated to briefly discuss what has been said to that point. In the table below, the left column gives a summary of the film segment, and the right column notes where you should stop and provides questions for discussion and the type of answers you’re looking for from your audience.

Running time of the film is 52:40; discussion can add up to another hour or so for a total activity time of about two hours.

INTRODUCTION	
Film Section Summary	Questions for Discussion
<p>Act I: Wolf Pack Storyline</p> <p>Scene 1: “Returning from RSP.” Introduction to the “Wolf Pack”—a group of friends who met at Recruit Sustainment Program (RSP) and are returning home via bus and joking around. Members include Jack Billsen, Ross Berglund, Marc Dotson, Sabrina Kim, and Miguel Lopez. Jack Billsen is the “golden boy” and a natural leader.</p> <p>Scene 2: “Five Years Later.” Wolf Pack members (as well as Jack’s NCO, SFC Avery Weber and Miguel’s wife Rebecca) talk directly to the camera about negative changes they’ve seen in Jack and stressful things that are going on in their own lives. We also see Jack and other characters going about their lives.</p>	
<p>Introduction</p> <p>Resiliency is defined as the ability to bounce back from life’s challenges.</p> <p>Resilient people have a number of skills in common, many of which you can develop with practice. You can become more resilient.</p> <p>The film will cover resiliency concepts in three areas: body, mind, and relationships.</p>	<p><i>Stop at 07:03 after host says “You never know what’s around the corner. Are you ready?”</i></p> <ul style="list-style-type: none"> • What is resiliency? • Why is it important?

PART 1: TAKE CARE OF YOUR BODY

Film Section Summary	Questions for Discussion
<p>Part 1: Take Care of Your BODY</p> <p>Get the Sleep You Need: Lack of sleep degrades mental performance even faster than physical performance. It affects your health and emotional response. Adequate rest is critical to resiliency.</p> <p>Eat Right: Physical/emotional resiliency can be improved by eating nourishing whole foods and drinking water, and by avoiding empty calories and short-lived “self-medication” such as alcohol, drugs, or excessive caffeine intake.</p> <p>Exercise: Exercise is important for physical strength, endurance, and flexibility, but it is also an important stress reducer. Regular exercise contributes greatly to your resiliency.</p> <p>Regulate Breathing: Learning to calm oneself through regulated breathing is a resilient behavior. Yoga, meditation, tai chi, and other practices encourage breathing regulation. You can also just take a few minutes to yourself to take calming breaths to reduce stress.</p>	<p><i>Stop at 16:00 (end of part 1) after host says “When your body has what it needs, it’s better prepared to handle the challenges you’ll inevitably face.”</i></p> <ul style="list-style-type: none"> • Give me some examples of what you do to maintain physical resiliency. <i>(Answers could include getting enough sleep every night, eating better, minimizing junk food, cutting back on caffeine, quitting smoking, limiting alcohol, working out, having a workout partner, yoga, tai chi, meditation, “counting to ten,” taking deep breaths)</i> • How many Red Bulls do you have in a week? Or cups of coffee or bottles of Coke or Diet Coke? How many of you get a headache if you don’t have your caffeinated drink in the morning? • Alcohol is only mentioned in passing here. Do you know how many drinks in a row qualify as “binge drinking”? <i>(Answer: Five or more drinks for men and four or more drinks for women in about two hours.)</i> • Tell me about your exercise routine, what you do, where you go, whether you have a workout buddy, how you make the time. • How many of you have tried yoga, meditation, tai chi, or some other practice that involves consciously regulating your breathing? <i>(Ask a few of the people with their hands up to share what they have tried, if they have seen benefits from it, etc.)</i>

PART 2: TAKE CARE OF YOUR MIND

Film Section Summary	Questions for Discussion
<p>Act II: Wolf Pack Storyline</p> <p>Scene 1: Wolf Pack members speak directly to the camera about how Jack inspired them, and how he has changed and withdrawn recently. Dotson talks about the loss of his mother and brother, and how he understands what Jack is going through, but that he doesn't understand his withdrawal.</p>	
<p>Part 2: Take Care of Your MIND</p> <p>Researchers have found that resilient people have a number of psychological skills in common. While these come more naturally to some people, they can become habitual with awareness and practice.</p> <p>Positive Outlook: Shift your thinking: Optimism and pessimism are habitual ways of looking at the world. A pessimist often generalizes and “catastrophizes” negative events. If one thing goes wrong, “everything” is wrong and life is horrendous. An optimist can experience the same negative event but put it in perspective, seeing it as one setback while other aspects of life are okay.</p> <p>Have a sense of humor: Humor allows you to get some distance from the event, release tension, and gain a bit of control.</p> <p>Find positive role models: People who handle challenges well can inspire you to be more like them. They may have helpful advice to offer, or fresh ideas and perspectives.</p> <p>Take time to recharge: After stressful events, taking time to recover is a resilient behavior. It could be a short getaway into nature or wherever you feel rejuvenated.</p>	<p><i>Stop at 25:07 after Mandy Ebert says “I’m going to Pennsylvania for three days. I’m going hiking with my cousin.”</i></p> <ul style="list-style-type: none"> • What did you think about what the doctor said about optimism and pessimism being habitual ways of explaining events in your life? • Who has a role model who’s good at handling stress? What do they do? • Give me some examples of what you do to recharge.
<p>Meaning-Making & Learning: Find meaning from the experience: Resilient people are able to see how they have grown or learned from the challenges they’ve faced, or how</p>	<p><i>Stop at 26:25 after Dr. Southwick says “If you really believe in the mission you can withstand greater stressors in general.”</i></p> <ul style="list-style-type: none"> • Who can share a story about someone

Film Section Summary	Questions for Discussion
<p>they can help others because of what they have gone through. It may take some time to see the meaning or life lesson in a traumatic event.</p> <p>Find strength in the purpose or mission of your life: Resilient people believe in a mission or purpose for their lives, which helps them through periods of stress.</p>	<p>they know who has a purpose or mission for their life?</p>
<p>Spirituality: For some people, meaning and purpose are tied to their sense of spirituality. Many resilient people say they rely on their faith in a higher being.</p>	<p><i>Stop at 28:57 after Mandy Ebert says “Using that creativity that comes from yourself is a good way to remind yourself that hey, there is an influence acting on me. I see that a lot.”</i></p> <ul style="list-style-type: none"> • <i>Mention the unit’s chaplain as a resource, along these lines: You’ve all heard us mention the chaplain as a resource. Did you know that chaplains get training in counseling? They are taught how to listen, and what you tell them is confidential. While they have their own spiritual beliefs, their job is to meet you where you are. You don’t have to be religious to get a lot of help from talking to the chaplain.</i>
<p>Acceptance of Limits & Circumstances: Recognizing what is changeable and what is not, and accepting what you cannot change is an important resiliency skill to avoid wasting time and energy better spent elsewhere.</p> <p>This skill is similar to the “Serenity Prayer” you may have heard before: “God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”</p>	<p><i>Stop at 30:34 after Morgan Davis says “I have moments; we all do. So maybe if you think of it as that...and he said, you know, I think you might be right.”</i></p> <ul style="list-style-type: none"> • Let’s have some examples of times when you had to learn to accept that you couldn’t change something, and move on?
<p>Active Coping: Resilient people are more likely to be active than passive in responding to challenges. They do not deny or avoid the problem, vent or blame endlessly, expect someone to rescue them, or mask the problem with substance use.</p> <p>Take action to fix things: This doesn’t mean acting impulsively or immediately. Your first actions might be gathering information or thinking about the problem, then making decisions and acting on them.</p>	<p><i>Stop at 32:30 after Cory Sklanka says “Sure enough it started to happen, just in the past year and a half now of my owning my own house.”</i></p> <ul style="list-style-type: none"> • How many of you know someone who just sits back and lets things happen to them, and doesn’t take positive action for their own life? Or who blame others for everything that happens? Or who always expects others to rescue them or fix their problems for them? Without naming

Film Section Summary	Questions for Discussion
<p>Look for creative solutions: Resilient people are more likely to think of new ways to handle something, rather than continuing to try things that don't work out of habit or fear.</p> <p>Find ways of getting help: Turn to your role models or social support network if you need to.</p> <p>Do what is necessary: Avoidance only postpones the problem. Don't give up.</p> <p>Face your fears: Stay cool under fire, don't panic. Often when you act you find what you feared isn't as bad as you thought it would be.</p>	<p>names, give me an example of someone who reacts to life that way, and tell me how it's working for them?</p> <ul style="list-style-type: none"> The doctor mentioned that resilient people are good at "cognitive reframing." What do you think that means? <i>Answer: Cognitive reframing is about finding another meaning or interpretation for your thoughts about something that happened. For example, when you find positive meaning in something negative that happened to you, you're cognitively reframing the event. If you look at a crisis as a challenge or opportunity for growth, that's cognitive reframing.)</i> Think back to earlier in the film when the doctor said that a pessimist who flunked a test will say to themselves things like "I'm so stupid! I'm going to flunk out of college. I'll never get a job." How could that person reframe that optimistically? <i>Answer would be along these lines: "Okay, I failed that test. I probably should have studied harder. I am doing okay in my other subjects. Maybe that one isn't for me, or maybe I could get a tutor and figure it out. It'll be okay."</i>
<p>Self-Efficacy: Efficacy means effectiveness. You could also call it self-confidence. Resilient people believe in themselves and believe they can handle events that happen in their lives.</p>	<p><i>Stop at 33:10 after host says "Would it help to shift your thinking in any way, based on what you just learned?"</i></p> <ul style="list-style-type: none"> Can anyone give me an example of someone who believes in himself or herself, no matter what? Or someone who didn't used to have self-confidence, but developed it?

PART 3: TAKE CARE OF YOUR RELATIONSHIPS

Film Section Summary	Questions for Discussion
<p>Act III: Wolf Pack Storyline</p> <p>Scene 1: Jack gets chewed out by his NCO and then is seen playing video games, again, and ignoring his ringing phone.</p> <p>Scene 2: Wolf Pack members talk with concern about Jack’s growing isolation.</p>	<p><i>Stop at 34:40 after Rebecca asks, “Does anyone really know what’s going on with Jack?”</i></p> <ul style="list-style-type: none"> • What do you see happening here? • What is Jack doing that isn’t resilient? <i>(Answers could be: playing video games, ignoring his friends, slacking off at Guard)</i>
<p>Part 3: Take Care of Your Relationships</p> <p>Expand and Strengthen Your Social Support Network: Resilient people aren’t “lone wolves.” They value their social ties and rely on them in challenging times.</p> <p>Apply Resiliency Skills with Friends and Family: You can apply the psychological skills you learned in part two to your relationships. You can help each other practice new habits.</p>	<p><i>Stop at 40:01 after Ivone Myers says “...they can just sit and talk and everything that goes through our office is confidential. So they have someplace to turn to feel like they’re not so alone.”</i></p> <ul style="list-style-type: none"> • Who are the people in your social support network? Who do you turn to for support? <i>(Answers could include immediate family, extended family, friends, girlfriend or boyfriend, role models, teachers, or coaches)</i> • What did the Blauvelts do to be resilient when Chris Blauvelt lost his leg and had to recover from so many injuries? <i>(Answers could include: acceptance, humor, social support, seeing the good, self-efficacy, etc.)</i> • Give me an example of services our Family Programs Director or the State Chaplain offers? <i>(Be prepared to list some resources they offer and fill in any the audience doesn’t volunteer)</i>
<p>Build Interpersonal Resiliency Skills: Resilient relationships depend on good communication skills and a mutually levels of influence and authority in the relationship or family.</p>	<p><i>Stop at 44:28 after Dr. Wadsworth says “...both partners feel that they have authority and influence and power in the relationship that is consistent with what they want.”</i></p> <ul style="list-style-type: none"> • Healthy interpersonal communication is an area where most of us could probably use some practice. I encourage you to get

Film Section Summary	Questions for Discussion
	<p>some training or counseling around healthy communication. It can really help your relationships. <i>(Offer some resources for this in your area.)</i></p> <ul style="list-style-type: none"> • The family expert here mentioned avoiding “You” statements and using “I” statements, and avoiding absolutes like “always” and “never.” You may have heard that before. What does that look like? <i>(Answers will vary but an example from family life might be, instead of saying, “You always interrupt me!” say “I feel like I’m not being heard when I’m interrupted.”)</i> • Does anyone have any other tips they have found helpful for communicating better in your important relationships?
<p>Maintain Family Time and Routines: Making family time a priority can help strengthen relationships and help every member better cope with stress.</p> <p>Family routines can be very helpful to providing a sense of stability and comfort, and can reduce stress by reducing the number of decisions you have to make every day.</p> <p>Family rituals—even just simple ones like a goodnight kiss—can nurture provide positive emotional memories and bonding between family members.</p>	
<p>Balance & Transition: Improving resiliency can be a matter of finding a healthier balance for you and your family between your home, work or school, Guard, and other obligations</p> <p>Becoming aware of how you transition from one area of your life to another. For example, when drill or annual training is coming up, you may act differently at home without being aware of it. Use awareness to avoid taking out stress on your family.</p>	<p><i>Stop at 46:19 after host says “How do you think you’re doing in that area? What do you think your spouse, or your family or friends would say?”</i></p> <ul style="list-style-type: none"> • Regarding balance and transition, show of hands, how many of you are aware that you get agitated or that your behavior changes when you’re gearing up for drill or AT? What can you do to shift that? <i>(Answers could include awareness, taking time to breathe, taking a moment in the</i>

Film Section Summary	Questions for Discussion
	<i>car or before coming in the house, exercising to blow off steam, etc.)</i>

CONCLUSION

Film Section Summary	Questions for Discussion
<p>Act IV: Wolf Pack Storyline</p> <p>Scene 1: Jack is chewed out by his boss and leaves in a huff. He's seen playing video games and blasting music, taking a phone call that ends badly, then driving aggressively and being involved in a car crash.</p> <p>Scene 2: Wolf Pack members talk about Jack's death and what it meant for them, as well as positive changes they have been making in their own lives, and plans to get together with the remaining Pack members.</p>	<p><i>Stop at 52:04 after Avery Weber says "When I heard that the Wolf Pack was getting together again after everything they'd been through...well...life is good."</i></p> <ul style="list-style-type: none"> • Here we saw more behavior from Jack that wasn't resilient. What did you see? <i>(Answers could be: Arguing with his boss, avoiding his problems by playing video games and blasting music, driving aggressively)</i> • What behaviors did you see in the other Wolf Pack members that were resilient? <i>(Answers could be: Active coping—making plans, asking for help, getting social support, having a positive outlook, facing fears, self-efficacy—believing in themselves)</i>
<p>Conclusion</p>	<p><i>Stop at 52:40 after host concludes.</i></p> <ul style="list-style-type: none"> • What did you see in this film that you could act on in your own life? • Get out your notepads. I'd like you to write down three ideas you got today that you'll test out in your life.

ABOUT THE SUBJECT MATTER EXPERTS

Sleep & Resiliency SME

Nancy Wesensten, Ph.D. is a Supervisory Psychologist at the Center of Military Psychology and Neuroscience, Walter Reed Army Institute of Research. Her expertise is in the field of behavioral (cognitive performance) consequences of sleep deprivation, sleep restriction, and sleep disruption; neuropharmacology of sleep and wakefulness; and the sustainment of Soldier cognitive performance through pharmacological enhancement of sleep and wakefulness.

Nutrition & Exercise SME

Jim Pulliam, or “Mr. Muscle,” is an Army officer and sports dietitian currently (as of summer 2011) doing a one-year fellowship with the US Olympic Committee (USOC). He is a board-certified Specialist in Sports Dietetics. Prior to joining the USOC he served as Aide-de-Camp to the US Army Surgeon General.

Psychological Resiliency SME

Steven Southwick, MD, is Deputy Director of the Clinical Neurosciences Division of the National Center for Posttraumatic Stress Disorder at the Department of Veterans Affairs. He is also a professor of psychiatry at Yale School of Medicine and the Yale Site Principal Investigator for the National Center for Disaster Mental Health Research.

Family Resiliency SME

Shelley MacDermid Wadsworth, Ph.D. is Director of the Center for Families at the Military Family Research Institute, as well as a professor of family studies at Purdue University. She has a number of published papers and co-edited the book “Risk and resilience in US military families,” published in 2010.