


Pre-Deployment Resilience Training for Soldiers



PRE-DEPLOYMENT RESILIENCE TRAINING FOR SOLDIERS

www.armyresilience.army.mil

Follow us @ArmyResilience  

WRAIR

Walter Reed Army Institute of Research

This DCRT module was developed by the Research Transition Office (RTO) of the Walter Reed Army Institute of Research (WRAIR). Comments or suggestions for the improvement of this DCRT module, Pre-Deployment Resilience Training for Soldiers, v.3 August 2021 should be made to WRAIR at:

usarmy.detrick.medcom-wrair.mbx.resilience-research@health.mil

Approved for public release; distribution unlimited

THIS PAGE IS INTENTIONALLY BLANK.

Pre-Deployment Resilience Training for Soldiers

Intent

This DCRT module, Pre-Deployment Resilience Training for Soldiers, is provided to Soldiers one to six months prior to a deployment. In accordance with AR 350-53, this is a mandatory module for all deployments 90 days or longer for purposes other than training. The purpose of the training is to strengthen resilience in order to enhance deployment preparation and mission readiness. More specifically, the aim is to prepare Soldiers for the realities and challenges commonly encountered prior to and during a deployment.

Many Soldiers may believe that the only personal change that might result from a deployment is mental or physical injury or harm. This module encourages Soldiers to view the deployment as an opportunity for personal and professional growth, rather than just an ordeal to overcome.

Another goal of the module is to foster unit cohesion within a group of Soldiers that will be deploying together. The training draws on Soldiers who are veteran deployers to share their experiences with those who may be deploying for the first time. Setting conditions for Soldiers within that unit to learn from one another should foster unit cohesion and the willingness to talk with each other while on the deployment. For both the single Soldier and the married Soldier, communication is key with loved ones and teammates.



Pre-Deployment Resilience Training for Soldiers

Overview and Flow of Module Sections

Part 1: Set Realistic Expectations

- Prepare Soldiers for what they might experience during the deployment in order to foster realistic expectations.
- Encourage Soldiers to set realistic expectations within, and create a communication plan for, their Circle of Support.
- Establish growth as a realistic expectation of deployment.

Part 2: Manage Stress with Effective Strategies

- Explain the body's natural response to stress: the stress response.
- Discuss common stressors of the pre-deployment and deployment phases.
- Review effective strategies to strengthen and maintain resilience.








Part 3: Utilize Assets and Resources

- Discuss the strengths that Soldiers and the unit possess that can help Soldiers face the demands of a deployment.
- Highlight the resources available to the Soldiers and their Circle of Support that can be used throughout the deployment cycle.
- Set a meaningful goal plan to further develop Soldier assets and fuel motivation and resilience.

Pre-Deployment Resilience Training for Soldiers SmartGuide Symbols

This SmartGuide for Pre-Deployment Resilience Training for Soldiers has been designed to be user-friendly while containing as much information as possible to help you present this training. The following symbols are used throughout.

Training Module Symbol Guide

| Symbol | Represents | Explanation |
|---|----------------------|---|
|  | Timing | This symbol indicates the amount of time allotted for a given section of the material. |
|  | Target / Intent | This symbol indicates the main function or rationale for a given slide. |
| 1. | Key Point | Numbers are used to indicate the main points that must be addressed in order to meet a given slide's target / intent. |
| • | Sample Talking Point | Bullets are potential talking points that a trainer can choose to use to elaborate on key points or to review as context to the key points. |
| [TEXT] | Note to Trainer | Bracketed text indicates a note to the trainer which is not intended to be read aloud. These provide hints on how to present the material and tips to avoid potential issues that may arise within a given topic. |
|  | Multimedia | This symbol indicates the use of supplementary audio/video files. To avoid down-time or technical difficulties, keep an eye out for these and plan accordingly. |
|  | Handouts | This symbol indicates that the participants will use handouts at a given point in the training. To avoid down-time, keep an eye out for these and plan accordingly. |
|  | Exercise | This symbol indicates the start of an exercise or activity. To avoid down-time, keep an eye out for these and plan accordingly. |
|  | Continue | This symbol indicates that the training material for a given slide continues onto the next page. |
|  | Stop | This symbol indicates that the training material for a given slide ends on this page. |





U.S. ARMY

DEPLOYMENT CYCLE RESILIENCE TRAINING (DCRT)



ARMY
RESILIENCE
DIRECTORATE

www.armyresilience.army.mil

Follow us @ArmyResilience  



**Pre-Deployment Resilience Training for Soldiers:
2 hours**



**Introduce yourself and Deployment Cycle
Resilience Training (DCRT).**

1. Welcome participants to the training and introduce yourself.

- Welcome to Deployment Cycle Resilience Training (DCRT).

[NOTE: Provide a brief introduction of yourself. Explain how you came to be facilitating Deployment Cycle Resilience Training. Along with the professional information, consider sharing a little about yourself personally. This can help build rapport and create a safe, trusting environment for the training.]

- DCRT is a series of operational resilience training modules designed to prepare Soldiers, leaders, and Soldiers' Circles of Support for the unique challenges of Army life at each stage of the deployment cycle.
- Your Circle of Support includes anyone that you consider to be a priority within your support system, such as a Spouse, significant other, parent, sibling, other Family member, mentor, and friend.

[NOTE: This is a natural transition to the next slide.]

Record your own notes here:

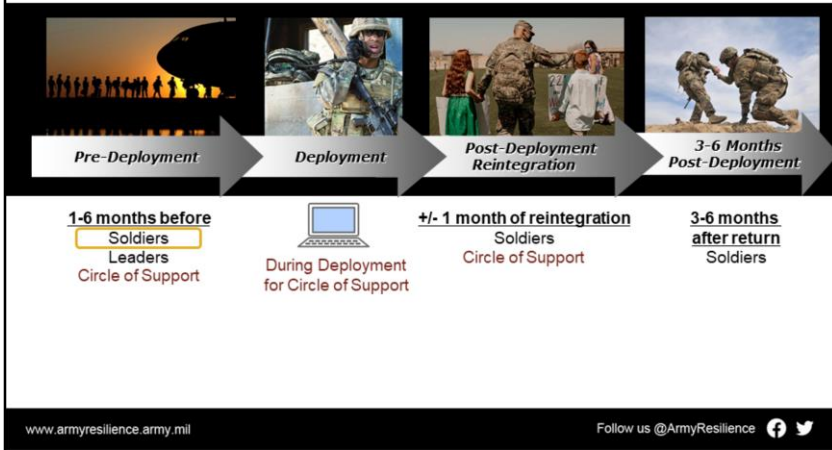
[NOTE: This presentation includes an optional set of slides that review iCOVER, a six-step process that Soldiers can use to help restore a buddy who has been rendered combat ineffective due to an acute stress reaction (ASR) to a critical incident. If you and the deploying unit's chain of command deem that it is appropriate to review the iCOVER content due to the nature of the deployment (i.e. combat), then you must "unhide" slides 96-103. Note that this addition will add approximately 20 minutes on top of the 2 hours (e.g., the module will be 2hrs 20 min). Also, note that the iCOVER slides contain a video so be sure to check you're A/V capabilities prior to beginning the presentation.]



THIS PAGE IS INTENTIONALLY BLANK.



DCRT Modules: Timeline



Briefly introduce the DCRT modules and the respective timeline.

1. State that DCRT is mandatory according to AR 350-53.

- In accordance with AR 350-53, DCRT is mandatory for Soldiers who are deploying for 90 days or longer for purposes other than training.

2. Briefly introduce the DCRT modules specifically for Soldiers and leaders.

- Let's briefly review the DCRT modules and the respective timeline, starting with the mandatory modules for Service members.
- The training you are receiving today, Pre-Deployment Resilience Training for Soldiers, will support you in your preparations for the deployment cycle, with specific focus on preparing yourself for the pre-deployment and deployment phases.
- During the same 1-6 month window prior to deploying, leaders will be receiving an additional module about establishing a resilient culture.
- Plus or minus one month of redeployment, you will receive Post-Deployment Resilience Training for Soldiers, also called reintegration training.
- The post-deployment module focuses on ways to effectively navigate the reintegration phase, such as managing your expectations, utilizing personal assets and supporting resources, and adapting to change.



Record your own notes here:

- Later, 3-6 months after your return, you will receive further training.
- The 3-6 month module is largely a “progress check” to see how your ongoing transition is progressing and provide additional support during the reintegration process.

3. Briefly introduce the DCRT modules specifically for Circle of Support.

- While the Soldier DCRT modules are mandatory, the DCRT modules for your Circle of Support are offered on a voluntary basis.
- The Circle of Support modules are written specifically for them and closely mirror the training that you will receive. Having a common language can help promote a unified effort toward managing deployment cycle challenges and also can provide an opportunity for growth—personally and relationally.
- The first Circle of Support module is offered during the pre-deployment window, which can help prepare your Circle of Support to face the challenges of both pre-deployment and deployment phases with resilience.
- Then, Circle of Support members will have access to online modules to support their resilience during the deployment phase. Circle of Support members can select topics relevant to them and can take the modules on their own time and at their own pace.
- Lastly, plus or minus one month of reintegration, Circle of Support members will be offered another in-person training called Post-Deployment Resilience Training for Circle of Support (Reintegration).

4. Provide rationale for Soldiers and Circle of Support members to capitalize on the deployment cycle resilience training available to them.

- Each phase of the deployment cycle has its own unique challenges. Although distinct phases, how well you and your Circle of Support cope during each phase will influence the next phase and how you experience the cycle overall.

[NOTE: This is a natural transition to the next slide.]

Record your own notes here:





U.S. ARMY

PRE-DEPLOYMENT RESILIENCE TRAINING FOR SOLDIERS

www.armyresilience.army.mil

Follow us @ArmyResilience  



Introduction: Recommended time is 10 minutes



Get to know the dynamics of the audience and set the tone of this module to be interactive.

1. Welcome Soldiers to the training.

- Welcome to your first DCRT module: Pre-Deployment Resilience Training for Soldiers.

2. Identify the veteran deployers in the group and establish that this is an interactive module.

- **[ASK]** Who has deployed before?
- A large part of this training will draw on the experiences of the veteran deployers in the group to educate those Soldiers who are deploying for the first time. Your participation is key to the success of this training.
- Those of you who are first-time deployers, you have a lot to offer to this training too. This is a safe place to get your questions asked and to share your thoughts.
- This is an interactive module. Simply put, the more you put into this training, the more you will get out of it.

3. Transition.

- Let's warm-up with an interactive exercise.



Record your own notes here:

THIS PAGE IS INTENTIONALLY BLANK.



Eleanor Roosevelt once said...



“In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility.”

www.armyresilience.army.mil

Follow us @ArmyResilience  



Review the importance of one’s attitude toward the deployment and emphasize that this training module is oriented toward growth.

1. Review the quote by Eleanor Roosevelt.

- Eleanor Roosevelt once said, “In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility.”

2. Discuss how the quote applies to the deployment experience.

- **[ASK]** How does this quote apply to the deployment experience?

[NOTE: Allow for discussion.]

- You may not get to choose everything that happens around you or to you, but you get a choice in how you think about those things, how you interpret those things, and the meaning you assign to those things.
- You can choose to let the stressors associated with deployment wear you down, or you can choose to see those stressors as positive challenges and opportunities to grow.



Record your own notes here:

3. State that DCRT is meant to support personal and professional growth.

- DCRT, and specifically the training you are receiving today, is designed to help you grow personally and professionally *because* of your deployment experience.
- But, ultimately, the choice of how the deployment shapes you is yours to make.

[NOTE: This is a natural transition to the next slide.]

Record your own notes here:





Training Purpose





Strengthen resilience in order to enhance deployment preparation and mission readiness

“**Resilience** is the ability to face and **cope** with adversity, **adapt** to change, **recover and learn** from a setback, and **grow** from an experience.”

~ adapted from FM 7-22 ~

www.armyresilience.army.mil

Follow us @ArmyResilience  



State the learning objective of the module.

1. State the purpose of today's training.

- The purpose of today's training is to strengthen resilience in order to enhance deployment preparation and mission readiness.

[NOTE: Do not underestimate the need to explain the purpose of the training. Many times Soldiers report for training without a thorough and/or accurate understanding of why they are there.]

2. State the definition of resilience.

- The target is resilience.
- Resilience is a popular term with multiple definitions and interpretations. So, what exactly do we mean by strengthening resilience?

[NOTE: Consider asking for a volunteer to read the definition of resilience.]

- Resilience is the ability to face and cope with adversity, adapt to change, recover and learn from a setback, and grow from an experience.

[NOTE: This definition is adapted from FM 7-22.]

Record your own notes here:



3. Highlight the key qualities noted within the definition of resilience.

- In bold are key behaviors of a resilient Soldier, which include the ability to cope, adapt, recover, learn, and grow.
- These are essential qualities for professional, personal, and relational success.
- Whatever your current level of resilience is, the goal of DCRT is to help you learn or refresh fundamental strategies to help you to continually strengthen and maintain your resilience.

3. Transition.

- Next, we will review the outline and discuss the ways in which this module is designed to strengthen your resilience.

Record your own notes here:





Training Outline



Part 1:
Set Realistic
Expectations

Part 2:
Manage Stress with
Effective Strategies

Part 3:
Utilize Assets &
Resources

www.armyresilience.army.mil

Follow us @ArmyResilience  



Review the training outline used in the module.

[SLIDE BUILDS]

1. Review the outline by briefly discussing the three main parts that will be covered during the training.

- There are three parts that will comprise today's training and help us hit our target.
- In Part 1, we begin by Setting Realistic Expectations of the deployment experience.
- Unrealistic expectations can cause increased anxiety and unnecessary stress, which in turn can interfere with your ability to prepare for the deployment.
- Establishing realistic expectations now can help lower anxiety and improve how you approach each phase of the deployment cycle.
- Then, in Part 2, Manage Stress with Effective Strategies, we will acknowledge stressors you currently face during the pre-deployment phase as well as common stressors during the deployment phase.
- We will also review effective strategies to manage the stress.

Record your own notes here:



- Just like all other skills you have learned over the years, the strategies presented within this module require practice for them to be most effective. Because of that, we will get some repetitions in today.
- Finally, in Part 3, we will discuss the Assets and Resources that can be used throughout the deployment cycle.
- Capitalizing on strengths and utilizing resources help support your ability to meet deployment demands both personally and professionally.

2. Explain how all three parts of the training work synergistically to enhance both resilience and readiness.

- Your deployment experience will be greatly impacted by how you approach it mentally.
- When you set realistic expectations, effectively manage your stress using the strategies that will be discussed during this training, and take full advantage of the assets and resources available to you, you hit the bullseye of resilience.

[CLICK TO ADVANCE]

- Implementing all three parts covered in today's training—hitting the bullseye of resilience—will help to decrease strong negative emotions like anxiety, stress, and anger that can often interfere with your ability to cope with adversity, adapt to change, and grow personally and professionally from the experience.
- What's more, by implementing the aspects of this training, you will increase the likelihood that you will experience more positive emotions like confidence, contentment, and hope that can enhance your ability to face the unique demands of deployment.

3. Transition.

- Let's get started with Part 1: Setting Realistic Expectations.

Record your own notes here:





Part 1: Set Realistic Expectations



Establish **realistic expectations** and gain greater control of your preparation and overall deployment cycle experience

www.armyresilience.army.mil

Follow us @ArmyResilience  



Part 1: Recommended time is 35 minutes



Introduce Part 1: Set Realistic Expectations.

1. State the aim of Part 1: Set Realistic Expectations.

- In the context of DCRT, an expectation is simply what one thinks they will experience, and *how* they think they might experience it during the deployment cycle.
- The first part of today's training will help you to establish *realistic* expectations and gain greater control of your preparation and overall deployment cycle experience.
- Furthermore, we will examine how your expectations might influence your deployment experience. With greater understanding of this, you can be more deliberate in your actions in order to seize the opportunity for growth during the deployment cycle.

Record your own notes here:



2. Explain that both veteran deployers and first-time deployers can benefit from this training.

- For the veteran deployers, we will discuss what might be different on this deployment as opposed to previous deployments, even if deploying to the same area.
- For the benefit of the Soldiers who have not yet deployed, we will identify some things that are fairly typical across most deployments.

3. Transition.

- Let's kick off the conversation.

Record your own notes here:





Kick-off the Conversation



For those who have deployed before: What do you wish you had known before you deployed for the first time?



For those of you who have never deployed before: What else do you want to know about the deployment experience?



www.armyresilience.army.mil

Follow us @ArmyResilience  



Facilitate a discussion between first-time deployers and veteran deployers.

1. Discuss with veteran deployers what they would have wanted to know about the deployment experience and how this information would have impacted them.

[NOTE: Encourage the discussion to include aspects of the whole deployment cycle such as pre-deployment, deployment, and post-deployment phases.]

- **[ASK]** For those of you who have deployed before, what do you wish you had known before you deployed for the first time?

[NOTE: To each response, ask the follow-on question: "How would knowing this have impacted you?" Initial responses might include

- Pre-deployment train-up period;
- Return date;
- The stress experienced by those left at home;
- Challenges associated with reintegration;
- Resources available to support self and Circle of Support;
- The benefits associated with deployment, like saving money;
- Relationships can grow stronger because of the separation.]

Record your own notes here:



Record your own notes here:

2. Allow those who have never deployed before the opportunity to ask questions about the deployment experience.

- **[ASK]** For those of you who have never deployed before, what else do you want to know about the deployment experience?

[NOTE: Allow veteran deployers to address their questions where possible. If something is brought up that will be covered in greater detail later, now is an appropriate time to foreshadow what is yet to come.]

3. Explain that this training is meant to help everyone be better prepared for the deployment cycle, and it is relevant to both first-time and veteran deployers.

- There are some aspects of the deployment cycle that simply cannot be known at this time, at least not with full certainty.
- Today's training is focused on the aspects of pre-deployment and deployment that are commonly experienced by Soldiers and shared across most deployments.
- Furthermore, the more effort you put into strengthening and maintaining your resilience during pre-deployment and deployment, the better off you will be when it comes time for redeployment and reintegration.
- Implementing the key take-aways from today's training will benefit you down the road.

4. Transition.

- One key objective of this module is to manage your expectations, so let's discuss why that is so important.





Expectations of Deployment



How do expectations influence resilience?



Your expectations influence your thoughts about the deployment

Your thoughts, in turn, impact the emotions and reactions you are experiencing

www.armyresilience.army.mil

Follow us @ArmyResilience  



Establish that a Soldier's expectations of the deployment influence their Thoughts, which drive their Emotions and Reactions.

[SLIDE BUILDS]

1. Discuss the question, "How do expectations influence resilience?"

- **[ASK]** How do expectations influence resilience?

[NOTE: Allow for discussion.]

2. Explain that expectations influence a person's Thoughts about the deployment, which drive the Consequences including Emotions and Reactions.

[CLICK TO ADVANCE]

- Your expectations influence the way you approach the upcoming deployment. More specifically, your expectations influence the type of Thoughts you are having about the deployment, which impact the Emotions and Reactions you are experiencing.
- The Emotions and Reactions you are experiencing may not only be helping you cope with adversity and adapt to changes as you prepare for deployment, but they may also be undermining your resilience and preparation.

3. Transition.

- Let's take a closer look at the relationship between your Thoughts and the Consequences of your Thoughts by reviewing the ATC Model.

Record your own notes here:

THIS PAGE IS INTENTIONALLY BLANK



ATC Model: Resilience Skill Recap



Activating Event:

The trigger: a challenge, adversity, or positive event



Thought:

Your interpretations of the AE; what you say to yourself

Consequences:

Emotions:
Reactions:



Thoughts drive Consequences

www.armyresilience.army.mil

Follow us @ArmyResilience



Review the ATC Module.

[SLIDE BUILDS]

1. Introduce the ATC Model.

- Most likely, you have come across the ATC model before, perhaps during formal resilience training or when you in-processed.
- For the purpose of today's training, we will briefly review the model and discuss its application to the deployment cycle.

2. Describe an Activating Event as any situation or event that triggers a Thought.

- An Activating Event (AE) is a challenge, an adversity, or positive event. It is something that triggers a Thought.
- An AE is "just the facts" of what has happened. It is the "who, what, when, and where."
- Example AEs include: "You get a flat tire when you're running late to formation," or "You make the list for promotion."
- An AE can be a future event like thinking about the upcoming deployment departure or recalling a past event like the argument you had with a Family member yesterday.



Record your own notes here:

- **[ASK]** What are some AE's that might be experienced during pre-deployment?

[NOTE: Allow for responses. Correct inaccurate responses that include Thoughts/interpretations; praise correct responses by reinforcing the key elements of an AE.]

3. Describe what is meant by Thoughts.

- The Thoughts you have in response to an AE are raw, uncensored, and happen in the heat-of-the-moment.
- Thoughts are your interpretations of the AE, your perception of the event, your understanding of the event, the meaning that you assign to the event. It is what you say to yourself. In other words, it is your self-talk.

4. Describe what is meant by Consequences.

- The nature of your Thoughts, your unique interpretation of the AE that has occurred, are what drives the Consequences such as your Emotions and Reactions.
- Reactions can include physical reactions like increased heart rate or muscle tension and can also include behavioral reactions like slamming on the car brake or shouting for joy.
- It is common to think that the AE causes you to feel a certain way or react a certain way. But, this would mean that how you feel and what you do would be completely at the mercy of your circumstances, which would give you very little control over your life.
- Thankfully, that is not the case. Instead, it is the Thought—the interpretation, the meaning that you assign to the event—that dictates how you feel and how you react.

[CLICK TO ADVANCE]

- Thoughts drive Consequences. This accurate understanding shows that your Consequences are ultimately within your control, because you have the power to choose your Thoughts.

5. Transition.

- Next, we will work through an example to further demonstrate how your Thoughts drive your Consequences.

Record your own notes here:





ATC Model: Example



Activating Event:

You are notified that you will deploy



Thought:

I don't know if I'll be able to handle this

Consequences:

Emotions: Anxiety

Reactions: Rapid breathing; pacing the room



How might reoccurring **C**onsequences such as these impact you as you prepare for the deployment both personally and professionally?

www.armyresilience.army.mil

Follow us @ArmyResilience



Illustrate the ATC Model using a common example.

[SLIDE BUILDS]

1. Discuss potential Thoughts that might be triggered by the Activating Event.

- Let's use an AE that each of you have recently experienced.
- The AE is, "You are notified that you will deploy."
- You might think, "I don't know if I'll be able to handle this."
- Maybe the Thought is in regard to your relationships and how they will withstand the separation. Maybe the Thought is in regard to your skill and ability to keep yourself and your battle buddies safe. Or, maybe the Thought is about other potential repercussions that can come about due to going on the deployment, like the degree you're pursuing or the civilian position you are leaving behind.

2. Discuss the Consequences of the Thought.

[CLICK TO ADVANCE]

- **[ASK]** What Emotion and Reaction(s) might be driven by this Thought?

[NOTE: Allow for responses.]



Record your own notes here:

- A Thought like, “I don’t know if I’ll be able to handle this,” can cause the Soldier to feel anxious and experience reactions like rapid breathing and pacing the room.
- Whether or not this Thought and its accompanied Consequences were helpful depends upon the immediate situation and the task at hand.
- In this one isolated instance, the Consequences, particularly the feeling of anxiety, may propel a Soldier to seek out more information or training and put effort into enhancing their skills. It can be helpful, even if feeling anxiety is unpleasant in the moment.

3. Discuss the impact of reoccurring Thoughts and Consequences on a Soldier’s ability to prepare for deployment both at work and at home.

- Imagine, however, if this is a reoccurring Thought, which in turn, leads you to experience these Consequences on a daily or weekly basis.

[CLICK TO ADVANCE]

- **[ASK]** How would reoccurring Thoughts and Consequences such as these on the slide impact you as you prepare for the deployment both at work and at home?

[NOTE: Allow for responses.]

- If a Soldier is consistently perceiving the deployment with high levels of uncertainty, then they will likely continue to experience high anxiety, agitation, and purposeless behaviors.
- Consistently experiencing negative emotions, whether it is anxiety or anger or frustration, may lead to counterproductive behaviors such as putting in less effort at work, pulling away from loved ones before actual separation, or having trouble focusing during critical pre-deployment training exercises and briefings.

[NOTE: This is a natural transition to the next slide.]

Record your own notes here:





Thoughts Drive Consequences



There are numerous Thoughts that could be triggered by the AE of a looming deployment

How each individual experiences an AE depends upon the unique way that person thinks, perceives, or interprets the event

Your Thoughts may have shifted from the time you learned of the deployment to now

It is important that our Thoughts be driven by accurate, realistic information

www.armyresilience.army.mil

Follow us @ArmyResilience  



It is important to establish realistic expectations because Thoughts drive Consequences.

Explain that how each individual experiences an AE

1. depends upon the unique way that person thinks, perceives, or interprets the event.

- There are numerous Thoughts that could be triggered by the AE of a looming deployment. And, each Thought would drive its own Emotion and Reaction.
- Perhaps when you first heard of the deployment, you experienced unpleasant emotions like anger or sadness, or maybe you experienced pleasant emotions like contentment or excitement.
- How each individual experiences an AE depends upon the unique way that person thinks, perceives, or interprets the event.

2. Foreshadow the strategy of Shift Your Thinking.

- What's more, the way you Thought, felt, and reacted when first hearing you were to deploy may now have shifted to different Thoughts, feelings, and reactions.

Record your own notes here:



- Sometimes your Thoughts, interpretation, or perception of an AE shift after you gain more information or have more time to process the event. Other times, you may need to deliberately shift to more productive Thoughts in order to drive more helpful Consequences.
- Later in the module we will discuss a strategy called Shift Your Thinking that will detail how you can go about making a deliberate shift.

3. Transition.

- Because your Thoughts can greatly influence your behavior, it is important that your Thoughts be driven by accurate, realistic information.
- Let's now turn our focus toward expectations of deployment.

Record your own notes here:

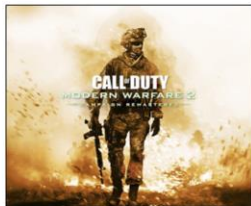




Expectations of Deployment



What might contribute to a Soldier's unrealistic expectations of the deployment?



Video games



War movies

What level of hostile engagement is expected during this deployment?

www.armyresilience.army.mil

Follow us @ArmyResilience



Acknowledge the influences upon a Soldier's expectations of deployment.

[SLIDE BUILDS]

1. Discuss what may cause Soldiers to have unrealistic expectations of what they will experience on deployment.

- To better manage your expectations, you must first become more aware of your current expectations of the deployment along with what might be fueling those expectations.
- **[ASK]** What might contribute to Soldiers having unrealistic expectations about a deployment?

[NOTE: Allow for discussion. Encourage Soldiers to offer an explanation by asking a follow-up question: "How does that lead to an unrealistic expectation of deployment?"]

2. If not already covered in the previous discussion, provide an explanation of how video games and war movies might contribute to unrealistic expectations.

[NOTE: The following talking points can arise naturally within the discussion, but are provided here for reference.]

[CLICK TO ADVANCE]

- Two common sources of unrealistic expectations, specifically for first-time deployers, are video games and war movies.

Record your own notes here:



- Most video games portray deployments as non-stop, thrilling action. And, war movies can lead one to believe that a Soldier on deployment is in a constant state of danger.
- This could be a realistic expectation for some Soldiers on some deployments. But, it may not be realistic for this upcoming deployment.

3. Discuss what level of hostile engagement the Soldier might expect during this deployment.

[CLICK TO ADVANCE]

- **[ASK]** What level of hostile engagement is expected during this deployment?

[NOTE: Allow for discussion. It is important to do your homework prior to this so you have an idea of what this discussion will entail.]

[NOTE: Answers will vary by unit. If hostile action is anticipated, this discussion will ensure that all members of the unit have the same expectations. If hostile action is not expected, reinforce that the non-stop, thrilling action portrayed in video games and war movies may be more the exception than the norm, but it is still crucial to be prepared in the case it happens.]

- The Army profession puts you at risk for experiencing danger. Don't minimize this risk or assume your unit is exempt.
- It is important to acknowledge that you may find yourself in a situation where you have to engage and kill an enemy combatant.
- You may also witness a battle buddy wounded or killed. It is important to accept this is the reality of your profession, regardless of MOS and mission.
- Later in this module we will discuss critical incidents, such as those that can accompany hostile engagement, and how you can handle them most effectively.

4. Transition.

- There are two additional influences that commonly contribute to unrealistic expectations.

Record your own notes here:





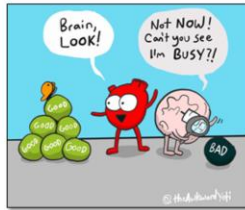
Expectations of Deployment



Unrealistic expectations of the deployment can also be fueled by...



Deployment Stories



Negativity Bias

www.armyresilience.army.mil

Follow us @ArmyResilience



Acknowledge the influences upon Soldier's expectations of deployment and explain the importance of debunking myths or half-truths.

1. Discuss how stories shared by others might contribute to unrealistic expectations, if not already covered in previous discussion.

- **[ASK]** How might hearing deployment stories from other Soldiers be another possible source of unrealistic expectations of the deployment?

[NOTE: Allow for discussion.]

- Although well-meaning and in part beneficial, the problem with “war stories”, or stories shared of past deployments, is that the stories can sometimes become inflated versions of what really happened or could be a completely different type of deployment from what you will experience.
- The stories shared about one's deployment experience also may only capture a small portion of what really happens on deployment, leaving out other valuable information.
- When Soldiers are not informed of all the other situations that could be expected to happen during deployment, then this lack of information leads to an overall unrealistic expectation.



Record your own notes here:

2. Provide a brief overview of the negativity bias, how it may contribute to a Soldier having unrealistic expectations, and the importance of being deliberate to counter it.

- It is common for the stories you hear and the movies you watch to highlight the negative, hard, and even crappy parts of a deployment even if there were positive aspects woven into the story lines.
- It is also a natural tendency for a person to only really notice, pay attention to, or place importance on the negative, hard, or crappy things.
- This natural human tendency to notice and place importance on things that are interpreted as negative, bad, difficult, or wrong before you notice or pay attention to what is good, beneficial, or right is called the negativity bias.
- Sometimes we need to be deliberate in overcoming the negativity bias by seeking out the information that might be missing, such as the positive or even neutral aspects of a situation, or in this case the deployment.
- You may come to notice that throughout today's training we will intentionally counteract the negativity bias for the benefit of establishing realistic expectations.

3. Share that deployed Soldiers often report that it was beneficial to have myths debunked and have a more accurate understanding of what to expect ahead of time.

- Deployed Soldiers who have received more complete and accurate information about the realities of deployments often report that it was beneficial to know what to expect ahead of time.
- Next, we will discuss some things you may encounter on the deployment, such as what you might see, hear, and smell.

[NOTE: *The purpose of the next three slides (i.e. “see, hear, smell”) is to develop realistic expectations of the deployment which will include both negative and positive experiences.]*

Record your own notes here:





Setting Realistic Expectations



WHAT MIGHT YOU SEE?



www.armyresilience.army.mil

Follow us @ArmyResilience



Provide Soldiers with realistic expectations of deployment experiences: What they might see.

[SLIDE BUILDS]

1. Discuss what Soldiers might expect to see on deployment.

• **[ASK]** What might you expect to see on deployment?

[NOTE: Allow for discussion before revealing images.]

[CLICK TO ADVANCE]

[NOTE: Review examples that were not given much attention in the discussion

- Interaction with insurgents and/or hostile forces;
- Pain, poverty, and despair;
- Anger, sometimes directed at you as you are a symbol. It's important to be prepared for this and to not take this personally;
- Interaction with non-combatants, including children and other Family members;
- Witness to violence and destruction.]

[NOTE: Do not discount the severity of what one may see on a non-combat deployment.]

Record your own notes here:



2. Discuss how the unrealistic expectation that you will only see bad things can heighten anxiety and hinder preparation.

[NOTE: *The next few questions are meant to move quickly. Allow for quick responses and then move on.*]

- **[ASK]** Is it realistic to expect that everything you see is going to be bad, troubling, or upsetting?
- **[ASK]** If you expect everything on the deployment to be bad, how might that affect your anxiety levels?
- Only expecting negative experiences during deployment is unrealistic, and it can lead you to over-experience negative emotions.
- This could lead you to lose focus of what's important in the moment and, thus, negatively impact your ability to prepare for the deployment.

3. Discuss the positive things Soldiers might see on a deployment and how acknowledging the positive things can impact pre-deployment preparation.

- **[ASK]** What are some positive things you might see?

[NOTE: *Allow for discussion. Review examples that were not brought up by the group, such as*

- *A smile on your battle buddy's face;*
- *Local populace returning to a sense of normalcy due to your presence;*
- *Soldiers looking out for one another;*
- *Watching kids play;*
- *Seeing your friends play a game of cards;*
- *Enjoying a favorite TV show.]*

- **[ASK]** How does acknowledging the positive things you might see impact a Soldier's emotional state and their ability to focus during pre-deployment?

[NOTE: *Allow for responses.]*

- Acknowledging the good along with the bad sets a more realistic expectation, lessens anxiety, and can enable better preparation for the upcoming deployment.

Record your own notes here:





Setting Realistic Expectations



WHAT MIGHT YOU HEAR?



www.armyresilience.army.mil

Follow us @ArmyResilience



Provide Soldiers with realistic expectations of deployment experiences: What might they *hear*.

[SLIDE BUILDS]

1. Discuss what Soldiers might expect to hear on deployment.

• **[ASK]** What might you expect to hear on deployment?

[NOTE: Allow for discussion before revealing the images.]

[CLICK TO ADVANCE]

[NOTE: Review examples that were not brought up by the group, such as

- *Upsetting sounds (pain, grief, etc.) coming from the local populace;*
- *Explosions, typically Soldiers will learn very quickly to discern incoming (sonic snap) from outgoing;*
- *Snoring, especially when you are trying to get to sleep yourself.]*

Record your own notes here:



2. Deliberately draw attention to the many positive things they may hear on a deployment.

- **[ASK]** What are some positive things you might hear?

[NOTE: Allow for discussion. Review examples that were not brought up by the group, such as

- The voice of someone from your Circle of Support;
- Laughter of battle buddies;
- Children playing;
- Your leader informing you that you're going to refit at a base with a chow hall and/or shower;
- Celebration cheers from a successful mission;
- "We only have one month left."]

[NOTE: This is a natural transition to the next slide.]

Record your own notes here:





Setting Realistic Expectations



WHAT MIGHT YOU SMELL?



www.armyresilience.army.mil

Follow us @ArmyResilience



Provide Soldiers with realistic expectations of deployment experiences: What they might smell.

[SLIDE BUILDS]

1. Discuss what Soldiers might expect to smell on deployment.

• **[ASK]** What might you expect to smell on deployment?

[NOTE: Allow for discussion before revealing the images. Use some humor with the smell slide. Allowing Soldiers to laugh a little is helpful for energy.]

[CLICK TO ADVANCE]

[NOTE: Review examples that were not brought up by the group, such as

- Destruction and the burning by-products of warfare;
- A certain undesirable detail involving gasoline, diesel, and fecal matter;
- Sewage and garbage. Many countries will not pick-up trash on Tuesdays and recyclables on Fridays; the infrastructure no longer (if ever) exists there.]

• Many veteran deployers consider such smells as simply “third-world ambience”.

[NOTE: You may find Soldiers begin to bring up positive examples on their own without your prompting. If so, acknowledge this: “I mentioned it often takes effort to see the positive, with just two reps of it you’ve trained this skill and have successfully fought the negativity bias.”]



Record your own notes here:

2. Deliberately draw attention to the many positive things they will smell on a deployment.

- **[ASK]** Veteran deployers, what are your memories of the best things you smelled on your previous deployment(s)?

[NOTE: Allow for discussion. Review examples that were not brought up by the group, such as

- “Goodies” in care packages;
- The DFAC (Dining Facility);
- Fresh bread baked at open air markets;
- Green Bean Coffee / coffee in general;
- Foo Foo letters;
- Clean laundry.]

3. Conclude the discussion of the previous three slides (see, hear, smell) by stating the importance of expecting both the positive and negative aspects of deployment.

- The reality is that there might be some bad, troubling, and upsetting sights, sounds, and smells. It is realistic to expect them. But, it is also realistic to expect positive, pleasant, and uplifting sights, sounds, and smells.
- Recall the ATC Model. Awareness of, and thinking about, the positive things that you’ll experience, like hearing laughter, will drive more positive emotions.
- Acknowledging both sides of what you’ll experience will lead to the most realistic expectations and better preparation overall.
- Furthermore, relationships thrive on positive emotion. Don’t rob yourself or your loved ones of joyous moments during the limited time you have left before deploying.

4. Transition.

- Now, let’s discuss differences that may exist from one deployment to another.

Record your own notes here:





Realistic Expectations: Differences



How might deployments differ from one another?



- Different theater
- Different cultures
 - Different landscape and climate
 - Different mission



- Same theater, different time
- Changes in attitude of nationals
 - Changes in the mission
 - Changes in level of personal danger
 - Different communication abilities with Circle of Support
 - Different amenities/living conditions

www.armyresilience.army.mil

Follow us @ArmyResilience



Emphasize that this training has value to veteran deployers as well, as all deployments are different.

[SLIDE BUILDS]

1. Discuss what things might be different on the upcoming deployment from the Soldiers' last deployment.

- **[ASK]** How might deployments differ from one another?

[NOTE: Allow for discussion.]

2. Discuss differences in the theater or area of operations that were not already raised by the group.

[CLICK TO ADVANCE]

- Differences in the theater or area of operations might include
 - Different cultures: values and morals that might be quite different from what you've known growing up in the United States
 - Different landscape and climate: from desert to jungle and even urban environments
 - Different mission: a combat deployment vs. counterinsurgency vs. humanitarian assistance

Record your own notes here:



3. Discuss changes that may be present even when deploying to the same theater, but at a different time.

- Changes that may be present even when deploying to the same theater or area of operations, but at a different time might include
 - Changes in attitude of the nationals toward you: for reasons outside of your control, you may notice a change in the degree of support or even open hostility by the local populace that wasn't present during your first deployment; or, the local populace may be more welcoming to you this time around.
 - Changes in the mission: for example, from combat to humanitarian assistance.
 - Changes in level of personal danger: there may be an insurgency that wasn't present during your first deployment; or, there may be fewer attacks than the previous deployment.
 - Different communication abilities with Circle of Support: you may have more frequent access to communicating with your Family and friends back home, or you may have less. The way you stay connected may look different as well.
 - You likely have received, or will soon receive, information as to what to expect about communication capabilities on the deployment. Seek out your Chain of Command if you have unanswered questions about the method or frequency you'll be able to communicate with people back home.
 - Change in amenities and living conditions: you may have access to nicer amenities and living conditions than before due to more established infrastructure; or, you may be going to a new set-up and have fewer amenities.

4. Transition.

- Expecting this upcoming deployment to be the same as the last one(s) is unrealistic. Considering the changes or possible differences that may be present can help you adapt more efficiently.
- Even if everything else stays fairly constant, there is one thing that you can almost guarantee will have changed from one deployment to the next...





Realistic Expectations: Differences



What are some potential differences in YOU?



- Level of experience & expertise
- Rank & responsibilities
- Change in relationships
- Changes to Family
- Changes to your support structure
- Financial situation
- Physical state
- Mental state

www.armyresilience.army.mil

Follow us @ArmyResilience



Encourage veteran deployers to think about differences in themselves since the previous deployment(s).

[SLIDE BUILDS]

1. Discuss with veteran deployers what kinds of things may be different about themselves since their last deployment(s).

- **[ASK]** Veteran deployers, what are some potential differences in *you* since you last deployed?

[NOTE: Allow for brief discussion.]

2. Discuss differences that were not already raised by the group.

[CLICK TO ADVANCE]

- Some changes in you, or in your life, may include
 - Level of experience and expertise: deployments create situations where you are able to use your training and can mature as a Soldier
 - Change in rank and responsibilities: PVT vs. NCO and 2LT vs. Company Grade Officer; Platoon Leader vs. staff officer
 - Change in relationships: single vs. dating, engaged, or married; changes in marital status

Record your own notes here:



- Changes to Family: new parent; toddler vs. teenager; single parent
- Changes to your support structure: distance from immediate Family; recent PCS just prior to deployment
- Financial situation: may improve/decline; USAR/ARNG concerns about civilian job status while deployed
- Physical state: maybe you are in better physical shape, maybe not; maybe recovering from injury
- Mental state: more resilient from more years of military experience, or maybe experiencing more stress and anxiety due to other changes in your life, like possibly the looming deployment

3. Encourage Soldiers to consider how personal changes will impact how they experience the upcoming deployment.

- **[ASK]** How might the personal change(s) you've experienced from your previous deployment to now impact you on the upcoming deployment?

[NOTE: Allow for responses.]

- Some of these changes may make the next deployment seem easier. Other changes may make it more challenging or will just make it “different”.
- No two experiences are the same. This is important to keep in mind when you are listening to deployment stories shared by other Soldiers.
- The differences between you and the person sharing the story will influence how you experience the upcoming deployment. Their experience will not necessarily be your experience.
- How you approach this current deployment cycle will impact how you experience it. Applying the concepts and strategies presented in this module can help you make the most of this deployment cycle.

4. Transition.

- If you have deployment experience, regardless of what the experience was like – good, bad, or indifferent – you undoubtedly learned some lessons. When we learn, we grow. Let's discuss this growth now.

Record your own notes here:





Opportunity to Grow



Veteran deployers:

How did you grow personally and professionally from previous deployments?

Everyone:

What other benefits come from deployment?



Potential **opportunities** and **benefits** can serve as **personal and professional goals**

www.armyresilience.army.mil

Follow us @ArmyResilience  



Encourage Soldiers to share growth experiences from previous deployments and other benefits that can come from deployment.

[SLIDE BUILDS]

1. Discuss how veteran deployers grew personally and professionally during previous deployments.

- **[ASK]** Veteran deployers, how did you grow as an individual and as a Soldier during previous deployments?

[NOTE: Allow discussion. Points might include

- Increased expertise in one's MOS;
- Different perspective on important things in life;
- Increased appreciation of Family and friends;
- Leader skills;
- Self-confidence.]

[NOTE: If no one volunteers information about themselves, ask veteran deployers how they saw their battle buddies grow during deployment.]

- Personal growth may also include growth of relationships. Many Soldiers have reported that the deployment cycle, albeit stressful, led to a better relationship with significant people in their lives.

Record your own notes here:



2. Discuss what other benefits come from deployment.

[CLICK TO ADVANCE]

- **[ASK]** What other benefits might come from deployment?

[NOTE: Allow for discussion. Points might include

- Salary benefits for Active Duty Soldiers;
- Increased physical fitness;
- Weight loss;
- Career advancement;
- Intense and lasting friendships forged under difficult circumstances.]

[NOTE: Encourage all Soldiers to share ideas. This is an opportunity to engage the first-time deployers too.]

3. Explain that growth from a deployment is a realistic expectation.

- Often times when faced with a deployment, the focus is placed on the best way to just get through it. But a deployment can be more than just something to simply “get through”.
- Many Soldiers and members of the Circle of Support realize profound growth from the most difficult circumstances and experiences.
- Growth from deployment is a realistic expectation.

4. Emphasize that opportunities and benefits can serve as excellent goals to facilitate growth.

[CLICK TO ADVANCE]

- Later in this module, we will go through a goal-setting exercise that can support your growth.
- The opportunities and the benefits that have just been shared can serve as excellent goals to facilitate personal and professional growth.

5. Transition.

- Now that we have discussed setting realistic expectations for you, the Soldier during deployment, let's transition to setting realistic expectations with your Circle of Support.

Record your own notes here:





Setting Realistic Expectations



What are some communication challenges you've experienced with your Circle of Support during previous separations?

- It is realistic to expect that some communication efforts with those back home can be difficult or stressful



Creating a plan together that leads to an agreed upon course of action can help to mitigate potential problems



www.armyresilience.army.mil

Follow us @ArmyResilience  



Emphasize the importance of discussing communication plans with the Soldier's Circle of Support in advance.

[SLIDE BUILDS]

1. Discuss communication challenges that Soldiers and their Circle of Support have faced, and may face, during their time apart.

- This likely isn't the first time you have been faced with the challenge of staying connected with members of your Circle of Support during time apart. Communication is critical to maintaining connection.

[NOTE: Encourage participation from both veteran deployers and first-time deployers as most Soldiers have experience with being separated from Family and friends, whether it be because of a previous deployment, basic training, AIT, their installation assignment, or even the shared experience of social distancing during the COVID pandemic. Lastly, intentionally engage the single Soldiers as well.]

- **[ASK]** What are some communication challenges you've experienced with your Circle of Support during previous separations?

[NOTE: Allow for discussion. Examples might include

- Connectivity issues; talking over one another;
- Some phone/video calls don't go as well as you (or they) would like. Or, the call ends on a stressful note;
- Background noise or lack of privacy;



Record your own notes here:

- *There may be times when you just don't want to talk on the phone. And, likewise, there may be times that your loved one(s) don't feel like talking;*
- *Timing may be ideal for one of you but not for the person(s) on the other end.]*

[CLICK TO ADVANCE]

- Staying connected while apart can be a challenge, so it is unrealistic to expect all conversations to be positive and uplifting. When you experience difficult or stressful communication, understand that this is normal.

2. Emphasize the importance of discussing communication plans with the Soldier's Circle of Support in advance.

[CLICK TO ADVANCE]

- Consider establishing a tentative communication plan that includes *who* is a member of your Circle of Support, *what* you will and will not share with each member, and *when* connections with those members would ideally take place.
- Creating a plan together that leads to an agreed upon course of action can help to mitigate potential problems, such as the other party having different assumptions about the kinds of things they will be kept informed about or possible feelings of resentment for being "left out" or worried that you are not talking to anyone at all.
- Setting these expectations and boundaries up front can lead to more sound decisions, and if followed through upon, can lead to better relationships throughout deployment as well as throughout post-deployment reintegration.

3. Transition.

- Let's work through the nuts and bolts of the communication plan in order to set you up for having the conversation about communication with your Circle of Support later.

[NOTE: *Something to be mindful of during this discussion is that some Soldiers may not have any Circle of Support outside of their fellow Soldiers, and they may not even have a strong relationship with their fellow Soldiers. Some Soldiers join the military because they literally have nothing/nobody else and feel they want somewhere to belong. If you sense this is the case, encourage Soldiers to consider leaders, Chaplains, and other community/professional support members.]*

Record your own notes here:





Setting Expectations: Create a Plan



Who

What



Circle of Support



www.armyresilience.army.mil

Follow us @ArmyResilience



Discuss setting realistic expectations about who Soldiers will communicate with, and what things they will share with their Circle of Support.

1. Ask Soldiers to consider who is in their Circle of Support.

- During the deployment, you may not be able to keep in touch with all your friends and Family. It is best to decide now which relationships you will make a priority and identify who is in your “inner circle”.
- Consider individuals who truly support you and support your overall well-being.
- Take a moment now and consider who these individuals might be. Who can you confide in? Who lifts your spirits? Who can provide wise counsel if/when needed?

[NOTE: Provide about a minute for Soldiers to silently reflect on their Circle of Support.]

2. Encourage Soldiers to consider who they will turn to when it comes to sharing the hardest parts of the deployment.

- It is important that you have someone with whom you can share the good stuff, the bad stuff, and everything in between.
- The hard realities of deployment can take a serious toll on your mental, emotional, and physical well-being.

Record your own notes here:



- Therefore, it is of great importance to have someone you can share your challenges and experiences with and who you know you can trust will understand and support you.
- One size might not fit all. In other words, determine who you can share different parts of the deployment experience with.
- Consider having a PACE—Primary, Alternate, Contingency, and Emergency—plan. If your Primary person isn't available when you need them, seek your Alternate person. If connecting with your Alternate doesn't work out, move on to your Contingency person. And, as a last resort, have an Emergency contact.

3. Discuss what things Soldiers will share and with whom.

- Now that you have more clarity on who will be priority support members within your circle, it is important to consider, and discuss with these individuals, what is expected to be shared between the two of you.
- **[ASK]** What kinds of things will you and will you not share with different members of your Circle of Support?

***[NOTE:** Allow for discussion. Encourage Soldiers to elaborate on what is appropriate to share with some individuals and what is best to not share with them. As an example, a detailed recount of a life-threatening experience may be best shared with a battle buddy or mentor rather than a significant other or mother.]*

- **[ASK]** What are your expectations of the other party with regard to what they do and do not share with you?

***[NOTE:** Allow for discussion. This conversation is equally important, because communication and expectation of one another are two-way streets. As an example, some family members may withhold depressing news or information about their struggles, because they don't want to put more stress on the deployed Soldier. It is wise to discuss and agree upon whether this is what both parties want.]*

4. Transition.

- Now, let's discuss how you will stay connected and when.

Record your own notes here:





Setting Expectations: Create a Plan



Who

What



Circle of Support



How

When

www.armyresilience.army.mil

Follow us @ArmyResilience



Discuss setting realistic expectations of how and when Soldiers will communicate and stay connected with their Circle of Support.

1. Discuss how Soldiers intend to stay connected to their Circle of Support during deployment.

[ASK] How will you keep members of your Circle of Support part of your life, and be part of theirs, during this deployment?

[NOTE: Allow for discussion. Examples might include

- Use video chat apps;
- Start a group text;
- Play online games together.]

• Discussing creative ways to stay involved in the lives of your loved ones to keep them involved in your life on deployment, is essential for maintaining strong relationships and a strong Circle of Support.

• **[ASK]** What are the pros of communicating with your Circle of Support through instant messaging?

[NOTE: Allow for discussion. Examples might include

- Can talk to multiple people at once;
- Can be less stressful than carrying on a live conversation;
- Allows you time to formulate responses.]



Record your own notes here:

[NOTE: There will be more discussion later in the training that targets the potential risks of instant messaging and social media use.]

- There are benefits to instant messaging, but there may be times you are exhausted from the day and do not wish to keep up with it. Letting your Circle of Support know ahead of time this might happen can help avoid faulty assumptions later.
- It can also be helpful to understand that members of your Circle of Support may experience this as well. They may be exhausted from maintaining the home-front and not have the energy to keep up with a conversation themselves. Acknowledging that this can happen on both sides may help avoid unnecessary conflict.

2. Explain the value of discussing when, or how often, different members from the Circle of Support can expect communication with the Soldier.

- There is value in discussing when, or how often, different members from your Circle of Support can expect to communicate with you.
- As mentioned before, your Chain of Command can give you insight into the communication capabilities you will have on deployment, such as the best method and expected frequency to connect with your Circle of Support. Even though you may have to wait until you're on deployment to know what is realistic, it is good to start this conversation in advance.
- Consider ways to overcome some of the challenges that we discussed earlier, such as different time zones, the timing of the conversation for each individual, etc. Discuss solutions ahead of time.
- For example, let your Circle of Support share with you times that may or may not be ideal to communicate. This shows that you respect their schedule and availability as much as you are expecting them to respect your availability.

3. Transition.

- Setting realistic expectations with your Circle of Support is just as much for your sake as it is for theirs. Realistic expectations can lower anxiety and stress and also foster stronger connection.

Record your own notes here:





Realistic Expectations (Summary)



To enhance resilience and experience growth,
it is important to continually manage expectations:



With your
Circle of Support



About the
deployment



Of yourself and
of relationships

www.armyresilience.army.mil

Follow us @ArmyResilience  



Review the value of realistic expectations to enhance resilience and experience growth.

1. State that it is important to continually manage expectations in order to enhance resilience and experience growth.

- It is important to continually manage expectations in order to enhance resilience and experience growth.
- If you expect this to be a crappy deployment, you'll find reasons why it is. If you expect to grow from this deployment, you'll find that you engage in behaviors that are more conducive for growth.
- Bottom line, you get more of what you expect. You move in the direction of your expectations.
- Let's review what we've discussed so far.

2. Review the value of setting realistic expectations with regard to what and when you will communicate as well as with whom.

- Manage expectations within your Circle of Support.
- Agreeing upon what you will share about the deployment and with whom you will share certain things before you leave can help minimize deployment stress.
- It will be important that you continually manage your expectations and remember that communication is a two-way street.



Record your own notes here:

3. Inform the Soldiers that this module will continue to discuss realities of deployment to help establish realistic expectations of the deployment and of yourself.

- Manage expectations about the deployment and of yourself.
- It may be common to expect the deployment to only present challenges and difficulties, but earlier we discussed several potential benefits of being deployed.
- We also discussed opportunities for personal and professional growth. Growth is possible, and it is a realistic expectation of this deployment.
- You, yourself, can experience growth, members of your Circle of Support can experience growth, and your relationships with other people can experience growth.

4. State that growth does not just happen; it takes a deliberate approach and the use of resilience strategies.

- If you want to grow, or improve, or get stronger, then it requires some effort.
- Consider the goal of becoming physically stronger. Growing your physical strength requires you to put in work. You select relevant exercises and perform multiple reps. You train your body.
- The goal of becoming mentally stronger, such as your ability to cope with adversity, adapt to changes, and learn and bounce back from setbacks, requires a similar approach. You train your mind. You select relevant exercises, or strategies like those we will discuss in Part 2 of this training, and then perform multiple reps.
- Remember the words of Eleanor Roosevelt. We shape our lives, we shape ourselves, and our choices are ultimately our responsibility. It is your personal responsibility to strengthen and maintain resilience throughout this deployment experience.

5. Transition.

[NOTE: Consider taking a break before moving forward].

- Now, let's move on to Part 2 of today's training.

Record your own notes here:





Part 2: Manage Stress Effectively



Strengthen personal resilience by **managing stress with effective strategies** to be physically, mentally, emotionally, and relationally prepared for deployment

www.armyresilience.army.mil

Follow us @ArmyResilience



Part 2: Recommended time is 45 minutes



Introduce Part 2: Managing Stress with Strategies.

1.

Explain that this next section will cover information that will enable the Soldier to Manage Stress with Effective Strategies and be more physically, mentally, emotionally, and relationally prepared for deployment.

- This next section will cover information that will enable you to Manage Stress with Effective Strategies and be more physically, mentally, emotionally, and relationally prepared for deployment.
- We will do this by discussing common stressors that may be experienced both at work and at home during the pre-deployment phase.
- Then, to continue to establish realistic expectations, we will discuss the different stressors you might experience while on deployment, to include everyday stressors as well as more intense ones.
- Throughout this section, resilience strategies will be discussed and practiced.
- At the conclusion of Part 2, you should feel a greater sense of control and be more confident and equipped to face the deployment demands.



Record your own notes here:

THIS PAGE IS INTENTIONALLY BLANK



Stressor Defined



A **stressor** is any event, situation, or experience that happens to us or around us, that is taxing our brain, emotions, and body

www.armyresilience.army.mil

Follow us @ArmyResilience



Briefly explain what a stressor is.

1. Define a stressor as an activity or event that provokes a response.
 - Let's start by defining stressor. A stressor is any event, situation, or experience that happens to you or around you, that is taxing your brain, your emotions, and your body.
 - A stressor is typically perceived as something negative, and, therefore, something that produces negative feelings or what we generally call stress. But, a stressor can also be perceived as positive, such as time with your energetic dog or a quality PT session.
2. Help make the connection between a stressor, an AE, and ATC overall.
 - The way in which I just described a stressor may be sounding familiar. A stressor is an Activating Event.
 - Earlier we discussed that it is your Thought, your interpretation, your perception of an AE that determines your Consequences (i.e. Emotions, Reactions).
3. Transition.
 - The reaction is not always an explicit behavior; the reaction can also include what happens within your body. Let's explore the physiological reactions you can have to an AE.

Record your own notes here:



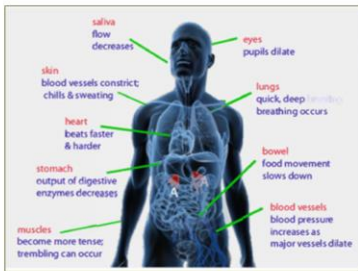
THIS PAGE IS INTENTIONALLY BLANK



Stress Response



When you have been faced with a stressful or challenging situation, what changes have you experienced within your body and mind?



The stress response is your body's natural reaction to a real or perceived threat

It is helpful when in immediate danger or in situations that could benefit from a boost of energy (adrenaline) and greater focus

Your Thoughts provide the fuel for how activated you become

www.armyresilience.army.mil

Follow us @ArmyResilience



Provide a brief overview of the stress response.

[SLIDE BUILDS]

1. Discuss the stress response, the body's natural reaction to a real or perceived threat or challenge.

- **[ASK]** When you have been faced with a stressful or challenging situation, like public speaking, taking the ACFT, or a heated argument, what changes have you experienced within your body and mind?

[NOTE: Allow for responses. If necessary, ask for signs of nervousness.]

[CLICK TO ADVANCE]

- Physiologically, you might experience a rapid heartbeat, tense muscles, or jitters.
- Psychologically, you might experience racing thoughts or, just the opposite, more focused thoughts.
- The physical and psychological activation you experience in response to a stressor is known as the stress response, commonly referred to as the fight-or-flight response.
- The stress response is your body's natural reaction to a real or perceived threat or challenge.

Record your own notes here:



2. Discuss the purpose of the stress response along with how understanding it can benefit Soldiers during pre-deployment and deployment.

- **[ASK]** How can understanding the body's response to stress help you now in pre-deployment as well as later during the deployment?

[NOTE: Allow for responses.]

- The stress response—the physiological and psychological reactions you experience when faced with a stressor—is an indicator that your body and mind are preparing for action.
- The stress response is helpful when in immediate danger as well as in the situations in which you could benefit from a boost of energy (or adrenaline) and greater focus.

3. Explain that a person's Thoughts can directly affect the onset and intensity of the stress response.

- Sometimes you can activate the stress response unnecessarily, or to a greater intensity than what is needed or helpful in the moment.
- The stress response, and particularly the intensity of that response, is driven by your perception of the stressor. Recall the ATC Model. The Thoughts you have about the AE, or stressor, will drive your Emotions and Reactions.
- Your Thoughts provide the fuel for how activated you become.
- Many of the strategies presented within this module involve a mental component, so you can capitalize on the power of the mind to deactivate or turn down the stress response if, or when, you find it undermining your resilience.

4. Transition.

- Before we get to the strategies, though, let's discuss why being able to turn down the body's stress response is even necessary.

Record your own notes here:





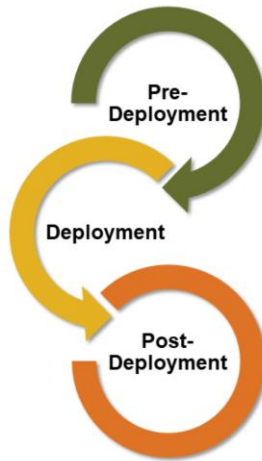
Manage Stress to Maintain Resilience



What are some negative consequences you might experience if you allow stress to build up?

Unmanaged stress can be detrimental to you, your unit, and your Circle of Support

Managed stress enables you to have the strength for whatever comes next



www.armyresilience.army.mil

Follow us @ArmyResilience



Discuss the importance of managing stress by utilizing effective strategies to maintain resilience.

[SLIDE BUILDS]

1. Discuss the negative consequences a Soldier might experience if they allow stress to build up.

- **[ASK]** What are some negative consequences you might experience if you allow stress to build up?

[NOTE: Allow for responses. Possible examples include

- Struggle to focus on the task;
- Weakened immune system, susceptible to illness or injury;
- Less patience for others;
- Blow up later at inopportune time;
- Not making effective decisions;
- Not sleeping well.]

2. Discuss how unmanaged stress can be detrimental.

- **[ASK]** How might accumulated stress impact your ability to prepare for deployment and maintain mission readiness?

[NOTE: Allow for responses.]

- Most everyone has heard the saying that it is the straw that breaks the camel's back. Well, is it really the straw that breaks the camel's back or is it the 2,000 pounds that were on the camel's back already?



Record your own notes here:

- Even if the everyday stressors seem fairly low-level, you shouldn't underestimate their ability to gradually build.

[CLICK TO ADVANCE]

- Letting stress accumulate un-checked—specifically the stress that is producing intense negative emotions and reactions—can be detrimental to you, your unit, and those you interact with such as your Circle of Support.

3. Explain that managing stress enables you to have the strength to face whatever comes next, to include the next phases of the deployment cycle.

[CLICK TO ADVANCE]

- Effectively managing stress enables you to have the strength to face whatever comes next.
- The stress incurred during pre-deployment plays a significant part in the stress and readiness of a Soldier during deployment as well as during post-deployment. So, it's best to start managing that stress now.

[NOTE: The graphic illustrates how one phase of the deployment cycle feeds into the next. It is important for Soldiers to understand how their approach to pre-deployment impacts their experience during deployment, which in turn impacts how they experience post-deployment and reintegration.]

4. Let Soldiers know that it is okay if they are currently experiencing high levels of stress while emphasizing the importance of using effective strategies to lessen the load.

- Maybe you are already experiencing some of the effects of accumulated stress. If so, it is understandable. If not now, you may notice the effects of accumulated stress appear at some later point in the deployment cycle given the amount of stressors you are, and will be, experiencing.
- To ensure you are mission-ready, it is vital that you use effective strategies that can help to lessen the weight you have to carry so you can go into your deployment more balanced and ready to shoulder another load of stressors.

5. Transition.

- Let's begin by discussing the strategies you might already be using to strengthen and maintain your resilience.

Record your own notes here:





Current Strategies



What strategies do you use, or have you used, to manage stress and maintain resilience during pre-deployment?

Are your current strategies helping or hindering your readiness and resilience?

Maintain realistic expectations about managing stress

www.armyresilience.army.mil

Follow us @ArmyResilience



Discuss current strategies to manage stress and build resilience.

1. Elicit strategies Soldiers have used, or are currently using, to manage pre-deployment stress.

- **[ASK]** What strategies do you use, or have you used, to manage stress during pre-deployment?

[NOTE: Allow all responses, even ones that may not seem “healthy” or effective (e.g., go to the bar) as you will come back to this. Examples might include

- Workout / physical exercise / go to the gym;
- Read a book;
- Electronics / TV / video games / music;
- Have a few drinks.]

2. Encourage Soldiers to assess the effectiveness of their currently used, or previously, used strategies.

- **[ASK]** Are your current strategies helping or hindering your readiness and resilience?

[NOTE: Allow the question to set for a moment.]

Record your own notes here:



- Maybe what you are doing is...
 - having one too many beers;
 - staying up a little too late playing Call of Duty when you have to be at work early;
 - spending too many hours at the gym. For instance, you go to the gym to alleviate the stress of a relationship problem rather than having a difficult conversation to address the problem.
- Sometimes your behaviors, including those very ones you say you are using to help deal with the stress, actually add to your stress load instead of lessening it.

3. Encourage Soldiers to have realistic expectations about managing their stress.

- It is wise to routinely assess the strategies you use to ensure they are working for you and not against you; however, no one expects you—or your strategies—to be perfect. That is unrealistic.
- Also, when it comes to managing stress, the goal is not to eliminate stress entirely. That, too, is unrealistic.

4. Briefly highlight the upside of stress, such as its ability to enable Soldiers to learn and grow.

- Not only is it unrealistic to entirely eliminate stress, but it would also do you a disservice. There are benefits to stress.
- Recall that the presence of stress gives you energy. What's more, when we are under stressful circumstances, we can discover our strengths and our weaknesses. Stress, therefore, enables us the opportunity to learn from the experience and grow.
- Consider a stress shoot, a grueling PT session, or a heated discussion with someone you care about. Each of these situations involve heightened stress, yet all have potential to facilitate growth.

5. Transition.

- Now that we've gathered a few of your current strategies, and set some realistic expectations about stress, let's preview additional strategies that can be used to strengthen and maintain your resilience throughout the deployment cycle.

Record your own notes here:





Strategies



- Control the Controllables
- Shift Your Thinking
- Deliberate Breathing
- Hunt the Good Stuff
- Deliberate Communication
- Pursue a Goal Plan

www.armyresilience.army.mil

Follow us @ArmyResilience



Explain that the strategies will be discussed with direct application to deployment cycle stressors.

Review the strategies that will be covered today and acknowledge that some of the strategies may be familiar from previous training or personal experience.

1.

- There are six specific strategies that we will be covering today. The first five—Control the Controllables, Shift Your Thinking, Deliberate Breathing, Hunt the Good Stuff, and Deliberate Communication—will be discussed here in Part 2, whereas Pursue a Goal Plan will be covered in Part 3.
- If you've gone through formal resilience training or performance enhancement training, some of the strategies may be familiar to you. If you *are* familiar with these strategies, please share your experience applying them in order to benefit the group.
- Furthermore, some of the strategies may be second-nature to you. That is, you may use these strategies without conscious or deliberate effort. Reviewing them today, however, can enhance your ability to lead others.
- Today we will *specifically* focus on how these strategies can be used within the context of pre-deployment and deployment.

Record your own notes here:



2. Highlight that using the strategies trains the mind and wires the brain for resilience.

- Every time you use one of these strategies, you are training your mind, building mental muscle, and ultimately, changing your brain. In other words, using these strategies literally wires your brain for resilience.

3. Transition.

- We will start with a strategy that, in a way, is a precursor to all the others, because this strategy focuses on “taking control”. The strategy is called Control the Controllables.

Record your own notes here:





Strategy: Control the Controllables



| What | When | How |
|--|--|--|
| <p>Quickly moving attention away from things that cannot be changed and toward things that are within your control in order to take productive action</p>  | <p>You realize you are wasting energy and time by stressing over something you can't control</p> <p>When you realize that what you are doing is not getting you anywhere</p>  | <p>Step 1: Identify what is causing you stress and ask, "Is this within my control? Can I change this?"</p> <p>Step 2: If "yes," work to find a solution. If "no," choose to accept it, then move on to Step 3.</p> <p>Step 3: Ask, "What is within my control?"</p> <p>Step 4: Re-direct focus and energy toward the "controllable" and take productive action.</p> |

www.armyresilience.army.mil

Follow us @ArmyResilience



Discuss the strategy of Control the Controllables.

1. Introduce the "what" of Control the Controllables.

- The strategy of Control the Controllables involves quickly moving your attention away from things that cannot be changed and toward things that are within your control in order to take productive action.

2. Describe "when" to use this strategy.

- This strategy is useful when you realize you are wasting energy and time by stressing over something you cannot control.
- Or, similarly, this strategy is useful when you realize that what you are doing is not getting you anywhere...when you feel like you are stuck in the mud, spinning your wheels.

3. Explain "how" to use Control the Controllables.

- Let's walk through how to use this strategy. **Step 1** is to identify what is triggering your stress (i.e. the AE).

Record your own notes here:



- For example, you realize you've been stressing out over the fact that due to deployment you will be missing a Family member's special birthday celebration.
- Next, you ask yourself, "Is this (i.e. missing the birthday) within my control? Can I change this?"
- If the answer is "yes", then **Step 2** is to put your focus on finding an effective solution.
- But, in the case of our example, the answer is most likely "no". So, then **Step 2** is to choose to accept that the AE is not within your control. It is what it is.
- Once you've accepted the uncontrollable, in **Step 3**, you ask yourself, "What is within my control?" For example, you have a discussion with the member of your Circle of Support whose birthday you will miss and come up with a creative, realistic plan to help celebrate the milestone.
- **Step 4**, re-direct your focus and energy toward the "controllable", and take productive action. For example, you might choose to buy a gift ahead of time to let your presence be felt on the big day.

4. Discuss the power of acceptance.

- **[ASK]** How might the act of acceptance, like in Step 2, be a powerful strategy to promote resilience all on its own?

[NOTE: Allow for discussion.]

- Acceptance allows you to put your energy toward those things over which you have influence and control.
- Ruminating about an uncontrollable stressor can amplify negative emotions like anxiety, anger, and guilt. Acceptance can help break the cycle by grounding your emotions and your focus in the present.
- When you choose acceptance, you often feel the emotions of relief or contentment. Positive emotions like these can help you to broaden your awareness and think more creatively. This, in turn, can help you to re-direct your focus and move forward toward productive action.

5. Transition.

- In some situations there may be very few things that you can control, but one "controllable" you can always count on is your freedom to choose your Thoughts. Let's explore the strategy Shift Your Thinking next.

Record your own notes here:






Strategy: Shift Your Thinking



| What | When | How |
|---|--|---|
| Shifting to a T hought that drives more helpful C onsequences | You notice your current Emotions and Reactions are not helpful | <p>Step 1: Objectively describe the Activating Event.</p> <p>Step 2: Determine the Emotions and Reactions that are most helpful given the situation.</p> <p>Step 3: Choose a Thought(s) that will drive the ideal Consequences.</p> |

How can I look at this **AE** differently?

Is there an opportunity to grow from this?



www.armyresilience.army.mil Follow us @ArmyResilience



Introduce the strategy of Shift Your Thinking.

1. Describe the “what” of Shift Your Thinking.

- The strategy of Shift Your Thinking is having the awareness and mental flexibility to shift your **T**houghts to drive more productive **C**onsequences.
- Oftentimes, simply shifting your **T**houghts, such as the way you are interpreting the **AE**, can alter how you experience the situation.

[NOTE: This strategy has also been referred to as “reframing” or “restructuring” thoughts.]

2. Describe “when” to use this strategy.

- This strategy is useful when you notice your current Emotions and Reactions are not helping you in the situation.
- Shift Your Thinking can be useful if what you are feeling or doing is adding unnecessary stress or simply magnifying your stress.

Record your own notes here:



3. Explain “how” to use Shift Your Thinking.

- Let’s quickly walk through how to use this strategy and then we’ll demonstrate it through an interactive exercise.
- **Step 1**, you describe the AE.
- **Step 2**, determine the Consequences, such as the Emotions and Reactions, that will be most helpful given the situation.
- **Step 3**, choose a Thought that will produce the desired Consequences.
- To help you shift your Thought, or your perception of the AE, consider asking the question, “How can I look at this AE differently?” or “Is there an opportunity to grow from this?”

4. Acknowledge that this strategy may appear easy in concept, but it can be difficult in practice.

- This strategy may appear easy in concept, but it requires disciplined practice.
- **[ASK]** What might make Shift Your Thinking a challenge to practice?

[NOTE: Allow for responses. This question is meant to prompt Soldiers to consider barriers to shifting thoughts and serves as an opportunity to check on learning.]

- Let’s be honest, when we are angry or upset, sometimes it’s just easier to stay that way.
- But, when you have a goal to strengthen resilience, a goal to grow, or you value strong relationships with your Circle of Support and understand you’re part of a unit that depends on you, then this strategy can be useful.
- It will take some intention and effort before shifting our thoughts becomes easier and more natural. The good thing is we are given ample opportunities to practice and train this skill.

5. Transition.

- In fact, let’s get in a rep right now.

Record your own notes here:





Shift Your Thinking: Counterproductive



Activating Event:

At a dinner party, someone asks you about your upcoming deployment



Thought:

I don't know if I'll be able to handle the deployment and the time away from everyone

Consequences:

Emotions: Anxiety

Reactions: Racing mind, struggle to focus in the moment



www.armyresilience.army.mil

Follow us @ArmyResilience



To set up the Shift Your Thinking exercise, share a scenario and highlight the AE, counterproductive Thought, and resulting Consequences.

1. Share a scenario, then highlight the AE, counterproductive Thought, and resulting Consequences.

- The week prior to your leave date, you are having dinner with family and friends. You are enjoying the moment when suddenly someone brings up the looming deployment. The AE is, "At a dinner party, someone asks you about your upcoming deployment."
- This AE may trigger Thoughts about the uncertainty you have about the deployment such as "I don't know if I'll be able to handle the deployment and the time away from everyone."
- The Consequences might include feeling anxious and your mind may begin to race. These Consequences may make it difficult to focus on the present moment and will likely interfere with enjoying quality time with Family and friends.
- Therefore, this is a time when Shift Your Thinking can be a useful strategy to drive more productive Consequences.

[NOTE: This is a natural transition to the next slide.]



THIS PAGE IS INTENTIONALLY BLANK.



Shift Your Thinking: Productive



Activating Event:

At a dinner party, someone asks you about your upcoming deployment.



Thought:

Part of this deployment might be crappy, but there is some good that will come from it

Consequences:

Emotions: Feeling content & hopeful

Reactions: Discuss expectations with my Circle of Support



www.armyresilience.army.mil

Follow us @ArmyResilience



Facilitate an interactive exercise of using the strategy of Shift Your Thinking.

[SLIDE BUILDS]

1. Step 1: State the Activating Event.

- Let's walk through Shift Your Thinking, starting with **Step 1**, state the AE.
- The AE is, "At a dinner party, someone asks you about your upcoming deployment."

2. Step 2: Determine the Emotions and Reactions that are most productive given the situation.

- One part of pre-deployment preparations is ensuring your home is in order, and that includes your relationships with your Circle of Support. Enjoying quality time together is important.
- **Step 2**, determine the Emotions and Reactions that will be most productive given the situation.
- **[ASK]** What Emotions and Reactions would be most helpful in allowing you to enjoy quality time with Family and friends?

[NOTE: Allow for responses.]

[CLICK TO ADVANCE]

- Productive Emotions may include feeling content and hopeful. A productive Reaction might include discussing expectations with your Circle of Support.



Record your own notes here:

3. Step 3: Identify a Thought that will drive the desired Consequences.

- Now, **Step 3**, we shift our Thought in order to drive our desired Consequences.
- **[ASK]** What Thought would help generate the desired Consequences?

[NOTE: Allow for responses. Examples may include

- *This is what I joined the Army for; I finally get a chance to put my training to use;*
- *My Family and I will be challenged, but absence can make the heart grow fonder;*
- *This get-together is a great start for my Family and friends to have one another to lean on for support;*
- *I'll gain a greater skill set I can bring back to my job / responsibilities back home.]*

[CLICK TO ADVANCE]

- Here's another Thought, "Part of this deployment experience might be crappy, but there is some good that can come from it."

4. Explain the connection between realistic expectations and effective Thoughts.

- Not only does this Thought drive more helpful Consequences than the first Thought we explored. But, this general Thought is also more reflective of someone with a realistic expectation of deployment.

5. Transition.

- There may be times that you are stuck in one frame of mind or your stress response is on overdrive and interfering with your ability to think clearly. In cases like this, another strategy that can help you gain control—both physically and mentally—is Deliberate Breathing.


Record your own notes here:





Strategy: Deliberate Breathing



| What | When | How |
|---|--|---|
| Taking a physical, mental, and emotional pause by controlling your breath as well as your Thoughts and emotions | When needing to gain self-control When needing to turn down the stress response |  |

www.armyresilience.army.mil

Follow us @ArmyResilience  



Discuss the strategy of Deliberate Breathing and how it intersects with the two strategies previously covered.

1. Allow Soldiers to share experiences they might have in using controlled breathing exercises.

- **[ASK]** Has anyone used Deliberate Breathing or other controlled breathing tactics?

[NOTE: Follow-up responses by asking when and how they have used it and what benefits they experienced (e.g., manage emotions, recovery, enhance performance).]

- Controlled breathing is not a new concept.
- The Army has been teaching people breath control since basic marksmanship. And, there is a reason Soldiers call cadence when they run during PT as the cadence helps facilitate rhythmic breathing.

2. State “what” Deliberate Breathing is.

- Deliberate Breathing shares many similar benefits to other forms of controlled breathing techniques, such as to lower heart rate or gain focus.
- However, what is unique about Deliberate Breathing is that it emphasizes control over more than just the physical breath.

Record your own notes here:



- Deliberate Breathing is taking a physical, mental, and emotional pause by controlling your breath as well as your Thoughts and Emotions.

3. Describe “when” to use Deliberate Breathing and how it intersects with the two strategies previously covered.

- In general, Deliberate Breathing is useful when you need to gain a sense of self-control. This is especially helpful when you find yourself in the midst of an uncontrollable situation.
- Recall the last steps of the Control the Controllables strategy are to identify what you can control and take productive action. Sometimes taking a few Deliberate Breaths to regain composure *is* that productive action.
- Furthermore, many Soldiers have shared that they are better able to Shift their Thinking after they have taken Deliberate Breaths to calm their mind and body.
- Deliberate Breathing can be a useful strategy when you need to turn down the stress response.
- This might be the case if you notice the stress response such as the physiological or psychological reactions, including the intensity of reactions, are not helping you in the situation.
- We will discuss other, more specific, times when Deliberate Breathing can be useful in just a few minutes.

4. Transition.

- Rather than discuss the steps of how to do Deliberate Breathing, let’s do a Practical Exercise to experience it firsthand.

[NOTE: Do not skip the Practical Exercise (PE); it can give Soldiers a mental break and help to recover energy while still moving forward with training.]

Record your own notes here:





PE: Deliberate Breathing



How

Step 1: *(Physical)*

Take **low, slow, deep breaths** using your abdomen and lower core region with a steady, rhythmic cadence (e.g., 5-sec in and 5-sec out)

Step 2: *(Mental)*

Settle your focus on a simple target

Step 3: *(Emotional)*

Ground your emotions or generate positive emotions



www.armyresilience.army.mil

38-A

Follow us @ArmyResilience



Practical Exercise: Deliberate Breathing.

1. Set up the Practical Exercise (PE).

- The PE will consist of about a 2-minute breathing exercise.
- Before we begin, take a moment to notice what you feel in your body – like muscle tension or heart rate – notice any emotions you're feeling and notice your state of mind.
- Now, sit or stand up tall, and let your shoulders drop down and back, away from your ears. To get a feel for the movement of your breath, try placing one hand on your belly and one hand on your chest. Close your eyes if you're comfortable with that or simply lower your gaze to the floor.

2. Lead the group through Step 1 (Physical).

- Let's start by engaging your diaphragm. Breathe deeply into your lungs. You should feel your lower core (belly, low back, side abs) expand on the inhale, like you're filling up a balloon, and then contract on the exhale.
- Try to keep chest movement to a minimum. Continue to **breathe low**.

[NOTE: Be silent; allow 20 seconds to implement.]

Record your own notes here:

[NOTE: An optional handout that includes the steps of Deliberate Breathing can be found in Tab I.]



- Next, slow your breath. Lengthen your inhale and exhale to a rhythmic cadence of 5 seconds in and 5 seconds out, or to a cadence you find comfortable and that you can maintain. Continue to **breathe slowly**.

[NOTE: Be silent; allow 20 seconds to implement.]

3. Lead the group through Step 2 (Mental).

- Continue the low, slow breaths, and **settle your mental focus** to one simple target.
- A simple target is anything that grounds your mind in the present moment. Maybe you count the cadence of your inhale and exhale, maybe it's a physical sensation like the feel of your heartbeat [*pause*], or perhaps your target is a stationary, external cue like the chair in front of you.
- Using whichever mental focus strategy that works for you, lock your focus on the target you've chosen, and use that target as an anchor to come back to when you notice your mind wandering.

[NOTE: Be silent; allow 20 seconds to implement.]

4. Lead the group through Step 3 (Emotional).

- If you notice any strong **emotions** present, acknowledge them, accept that they are present, return to your mental focus, and continue to take deliberate breaths.

[NOTE: Be silent; allow 20 seconds for them to practice; then gently end the exercise.]

5. Finish the exercise by encouraging Soldiers to examine the differences they may feel in their bodies and minds after engaging in Deliberate Breathing.

- Take a moment right now to check in with your body and mind. Notice how your body feels. Perhaps you are less tense and have a slowed heart rate. Notice your state of mind, perhaps you are calmer and more focused.
- Go ahead and blink your eyes, shrug your shoulders, shake it out, and return to your seat.
- Practicing Deliberate Breathing for up to 20 minutes a day—which can be broken up into smaller chunks—will enhance the efficiency and effectiveness of the strategy.

6. Transition.

- Now let's take a closer look at the specific application of Deliberate Breathing while on deployment.




Record your own notes here:



Strategy: Deliberate Breathing



| What | When | How |
|--|---|---|
|  | <p>In-the-moment when you need to gain composure</p> <p>During a break in action when you need to turn down your body's activation (recovery)</p> <p>When you need to relax, like to promote sleep</p> | <p>Composure: From whatever position you're in, take 1-3 Deliberate Breaths.</p> <p>Recovery: Sitting, standing, or lying down; engage in Deliberate Breathing for 1-10 minutes.</p> <p>Relaxation: Settle into a comfortable position and engage in Deliberate Breathing for 10-20 minutes. Lengthen exhale to be 1-2 seconds longer than inhale.</p> |

www.armyresilience.army.mil

Follow us @ArmyResilience



Review the strategy of Deliberate Breathing and discuss its multiple applications.

1. Explain that Deliberate Breathing is like a multi-tool.

- Deliberate Breathing is like a multi-tool. It has many uses. And, like a multi-tool, "how" you use it depends on "when" you need it or what the end-goal is.

[NOTE: This slide briefs in the following rhythm: (1) when to use Deliberate Breathing, (2) how to use Deliberate Breathing in that situation, and (3) ask Soldiers for examples of practical application. Then, move to the next "when".]

2. Explain "how" to use Deliberate Breathing to gain composure.

- When you need to gain composure in the moment, take a tactical pause. Take 1-3 deliberate breaths, then execute the task. You may have even heard this called "Tactical Breathing".
- [ASK]** What situations now in pre-deployment or during deployment might using deliberate breathing for composure be useful?

[NOTE: Allow for responses.]



Record your own notes here:

[NOTE: Possible examples include

- Before engaging in an important conversation;
- Before, during, and/or after an argument with a member of your Circle of Support;
- Before you enter and clear a room or treat a casualty.]

3. Explain “how” to use DB for recovery purposes.

- Deliberate Breathing can be used during a break in action when you want to turn down your body’s activation or be efficient in energy recovery.
- Think of it like plugging in your cell phone in order to recharge your battery. Even if you don’t have time for a full charge, every little bit matters.
- For recovery, engage in Deliberate Breathing for as little as one minute and as many as 10 minutes.
- Remember, Deliberate Breathing is more than just controlled breathing. It also involves focusing on one thing to quiet your mind.
- To increase the efficiency of Deliberate Breathing, try generating positive emotion, such as gratitude. Think about something that you are grateful for or visualize an image or experience that helps generate the emotion.
- **[ASK]** What situations during deployment could you use Deliberate Breathing to aide in recovery?

[NOTE: Allow for responses. Possible examples include

- After a long mission, or a long day;
- After a PT session or during interval rest periods;
- After an emotionally exhausting phone call.]

4. Explain “how” to use DB for relaxation.

- Deliberate Breathing can also help you to relax more fully by putting your mind and body in a restful state.
- A common stressor on deployment is lack of quality sleep. Sometimes, even when your body is exhausted, it is the mind that keeps you awake at night.
- For relaxation, try lengthening your exhale to be 1-2 seconds longer than your inhale before settling into an even rhythm. This helps to engage the body’s natural relaxation response and more efficiently turn down the stress response.
- Also, generating positive emotions, and gratitude in particular, can offer additional benefits for relaxation.



Record your own notes here:

5. Transition.

- Now that we have covered several strategies to help strengthen resilience, let's discuss the stressors you might be facing now or in the near future.

Record your own notes here:



THIS PAGE IS INTENTIONALLY BLANK



Pre-Deployment Stressors



What kinds of things become more challenging or more stressful as you prepare to deploy?



Work

- Last-minute changes
- Increased workload/taskings
- Increased pressure as tasks become more real
- Adjusting to new roles

Home

- Getting everything organized
- Finding temporary home for your pet/belongings
- Anticipation of separation from Circle of Support

www.armyresilience.army.mil

Follow us @ArmyResilience  



Prepare Soldiers for stressors commonly experienced before leaving on a deployment.

[SLIDE BUILDS]

1. Discuss what kinds of things become more challenging or more stressful as Soldiers prepare to deploy.

- **[ASK]** What kinds of things become more challenging or more stressful as you prepare to deploy?

[NOTE: Allow for discussion before revealing examples. When Soldiers provide a response, consider asking the follow up question

- “How is this challenge impacting you, such as your Thoughts, Emotions, or Reactions, and impacting your ability to prepare for deployment?”]

2. Review the work stressors that were not yet covered.

[CLICK TO ADVANCE]

- Last minute changes, such as the deployment end date (return to home station), may lead to increased anxiety, frustration, or anger for the Soldier and their Circle of Support.
- Increased workload may mean longer days and working on weekends. For Army National Guard and Reserve, the number and frequency of training days, meetings, etc., may increase greatly leading up to a deployment. Training requirements often increase as the actual “wheels up” date approaches.



Record your own notes here:

- There may be increased pressure to perform well as the work tasks become more “real”. For example, rather than perceived as a “check-the-block” activity, weapons qualification becomes an assessment of your readiness to engage the enemy and protect you and your battle buddies’ lives.
- Adjusting to new roles can be difficult. For example, if a Soldier is promoted to a leadership position just prior to deployment, then suddenly managing the increased responsibilities can be stressful. A Soldier in the National Guard or Reserves may be accustomed to a leadership position in their civilian job and now, due to the deploying unit’s ranking structure, must adjust to the role of subordinate.

[NOTE: No matter the unit receiving the training, review all stressors to include those that are unique to the different Army components (i.e. Active Duty, Reserves, National Guard). It can be beneficial for Soldiers to understand the stress of others within their deployed unit.]

3. Discuss the increased stressors at home that were not fully covered by the group.

- Getting things organized. Soldiers may become anxious about their significant other or Spouse having to take on all of the responsibilities at home. If children are part of the family, then a Soldier may feel anxious about, or guilty for, their partner having to take on both parents’ roles. A single parent will have to utilize their Family Care Plan.
- Finding a temporary home for your pet/belongings. It can be hard to part with our comforts at home. Single Soldiers may have to leave all their stuff – perhaps even their beloved pets – with someone else.
- Anticipation of separation of those within your Circle of Support. Stress is high for everyone involved, and it’s common for the Soldier to feel the weight of the stress of others. Also, life decisions (sometimes significant) may be influenced by the pressure felt by the looming deployment.

4. Transition.

- Before a deployment, it is not uncommon for relationships to become strained. One reason is due to heightened overall stress. Let’s discuss a common relationship stressor.

Record your own notes here:





Pre-Deployment Stressor: The “Big Chill”



A unique stressor between a Soldier and member(s) of their Circle of Support

Becoming emotionally distanced from each other to make the separation seem easier



How can learning about the “Big Chill” help you to maintain a strong connection with your Circle of Support?

It is normal; it happens without us being aware and does not mean your relationship is falling apart

www.armyresilience.army.mil

Follow us @ArmyResilience  



Introduce and discuss the “Big Chill”.

[SLIDE BUILDS]

1. Explain the “Big Chill” and provide examples.

- Another reason relationships may become strained just prior to the Soldier leaving for deployment is that Soldiers and loved ones may unintentionally begin to emotionally distance themselves from each other. This is a defense mechanism to make the separation seem easier.
- The strained relationship due to enacting a defense mechanism like emotional distancing has been termed the “Big Chill”.
- Emotional distancing may include withdrawing from one another, giving the cold shoulder, not reaching out, emotionally shutting down, and not discussing things.
- Sometimes the “Big Chill” takes the form of a major argument over a seemingly minor issue.
- For example, a Soldier and his mother might have an argument about the Soldier not texting his mother back within a few hours. This small matter might turn into a big event and lead to the Soldier and his mother not speaking to each other.
- Or, think of a big fight between a Soldier and Spouse/significant other because one of them forgot to switch out the laundry. This small thing leads to them not talking for the rest of the day.



Record your own notes here:

2. Highlight how un-managed relational stress during pre-deployment plays a significant part in the stress and readiness of a Soldier during deployment.

[NOTE: The purpose of the following discussion is to help Soldiers grasp the effects of the “Big Chill”, so they are more prone to lean into the relationship rather than lean out. Use the following questions to guide the conversation.]

- **[ASK]** Consider both scenarios. How does the “Big Chill” affect the Soldier’s preparation for the upcoming deployment?
- **[ASK]** If the argument is not resolved, how might this lead to greater stress while on deployment?

[NOTE: Expect responses such as feeling guilty, mad at self, and worried about loved one or the relationship.]

- **[ASK]** How does this stress impact the Soldier’s mission readiness on deployment?

3. Discuss how learning about the paradox can help Soldiers maintain strong connection with their Circle of Support.

- **[ASK]** How can learning about the “Big Chill” help you to maintain a strong connection with your Circle of Support?

[NOTE: Allow for discussion.]

[CLICK TO ADVANCE]

- Emotional distancing often happens without us being aware we are doing it. If, or when, it happens, it’s important to remember that it does not mean that the relationship is falling apart.
- If the “Big Chill” does happen, then you can take remedial action to repair the relationship by leaning into the stress and using the experience to strengthen the relationship. You can lean into the stress through effective communication with your Circle of Support. Shortly, we will discuss a strategy called Deliberate Communication that can help you communicate more effectively if or when the “Big Chill” occurs.

4. Transition.

- Now that you have a handle on stressors you may encounter before deployment, let’s take a look at common stressors you may experience while on deployment.

Record your own notes here:





Common Deployment Stressors



What are some common, everyday stressors on deployment?



- Boredom
- Rough living conditions
- Cannot escape the other Soldiers
- Homesick; missing out on celebrations, milestones, and important events at home
- Worry over loved ones back home
- Dealing with foreign people, language, and customs
- Changes in the mission(s)



www.armyresilience.army.mil

Follow us @ArmyResilience



Discuss common, everyday stressors that can be expected on nearly any deployment.

[SLIDE BUILDS]

1. Discuss common stressors that can be expected on nearly any deployment.

- There are common stressors that can be expected on nearly any deployment, regardless of the nature of the deployment.
- **[ASK]** What are some common, everyday deployment stressors?

[NOTE: Allow for discussion. Elicit insights from veteran deployers, but don't exclude first-time deployers as they might have a general idea based on hearing stories from others.]

2. Discuss stressors that were not brought up by the group.

[CLICK TO ADVANCE]

[NOTE: Discuss any points that were not brought up during the discussion.]

- Boredom: despite depictions in movies and video games, there may be long periods of relative inactivity, even for Soldiers with combat arms MOSs.

Record your own notes here:



- Rough living conditions: sleeping on a cot, less frequent showers, no A/C, doing your business in a porta-potty. [**NOTE**: Humor is helpful here.]
- Cannot escape the other Soldiers: difficult to have some alone (“me”) time.
- Homesick: missing Family and friends, lacking the conveniences accustomed to back home (e.g., no McDonalds, no mall). Missing out on celebrations, milestones, and important events at home.
- Worry over loved ones back home: concern for the physical or emotional well-being or safety of members of your Circle of Support with you not being there to help support them/protect them.
- Dealing with foreign people, language, and customs: even with experience, difficult and unfamiliar customs can be stressful.
- Change(s) to the mission: you mentally prepare for a mission, but when boots hit the ground your mission may have changed.

[NOTE: The examples below are unique to the National Guard and Reserves but are important to bring up in all trainings regardless of component, because they add perspective for the entire unit.]

- Decreased income: for some Soldiers (USAR, NG) who have high-paying civilian jobs, being activated may mean a drop in income.
- Anxiety that their civilian career may suffer as a result of the time spent away from the job (e.g., job not be there when they return, skipped over for promotion, be reassigned, business-owner/self-employed unable to keep business open).
- Experience potential resentment from civilian coworkers who have to take on an additional workload.
- Education: by missing out on a year (or more) of college, there is fear your completion goals will be set back.

3. Transition.

- Let’s do a Practical Exercise to get in more reps using the strategies, so that when we encounter the stressors in real time we can rise to the challenge by coping or adapting effectively.

Record your own notes here:





PE: Manage Stressors



1. Select a stressor, an Activating Event
 - What are some Thoughts and Consequences (Emotions and Reactions) that you or a Soldier might have about that stressor?
2. Choose a strategy that could enhance your resilience and be useful in bringing your focus back to what's most important
3. Explain how you would use the strategy
4. Share how you would expect the strategy to strengthen resilience such as cope with the adversity, overcome it, or perhaps grow



www.armyresilience.army.mil

Follow us @ArmyResilience



Practical Exercise: Practice selecting appropriate strategies to help cope with the stressors encountered during pre-deployment and/or deployment.

1. Provide a quick reminder of the importance of training the strategies to encourage full participation in the PE.
 - Just as you train the TTPs and battle drills during the pre-deployment stage, you must also train the strategies you can use to maintain resilience during the deployment cycle. This practical exercise will help to develop your strength and skill in using effective strategies.

2. Set up the PE with a large group example.

[NOTE: The PE can be conducted in small groups, in partner groups, or as a large group. Regardless, first show what right looks like by walking through an example together as a large group using the following guidance.]

- Together as a group, select a pre-deployment or deployment stressor.

[NOTE: If Soldiers get stuck, choose a stressor from the prior discussions that seemed to hit home for most in the room.]

- **[ASK]** What are some potential Thoughts and corresponding Consequences (Emotions and Reactions) that a Soldier might have about that Activating Event?

Record your own notes here:

[NOTE: An optional handout for this Practical Exercise can be found in Tab I.]



- **[ASK]** What is an effective strategy a Soldier might use if they find themselves having counterproductive Consequences that are undermining resilience and interfering with deployment preparations?
- **[ASK]** How would you use the strategy or coach a buddy to use the strategy?
- **[ASK]** How might you expect the chosen strategy to strengthen resilience, such as helping the Soldier cope with, adapt to, and/or overcome the adversity while possibly even growing both personally and professionally?

[NOTE: *If you choose to continue the exercise as a large group, let the group steer the ship. Let them choose the stressor based on the categories you provide.]*

[NOTE: *Time permitting, try to get in a rep of one “at home” pre-deployment stressor, one “at work” pre-deployment stressor, and one deployment stressor.]*

[NOTE: *If you choose to break down the exercise into small groups or partner-size groups, instruct the groups to use the slide to guide the exercise. Then, finish with a large group debrief to get examples from the groups. Treat it as a check-on-learning and offer corrections and/or assistance when needed in order to reinforce the strategy. After hearing a few examples, move on with the module.]*

3. Transition.

- There are different degrees of stressors during a deployment. Next, we will discuss the more sudden, intense stressors.

Record your own notes here:





Critical Incident: What is it?



Specific, sudden, and often unpredictable event that is perceived or interpreted in such a way as to drive an intense emotional and physiological reaction

May overwhelm a person's ability to cope with the stressor at that particular point in time



Can occur if/when experiencing hostile engagement

Can also occur in response to any Activating Event, even a predictable event

www.armyresilience.army.mil

Follow us @ArmyResilience



Describe a critical incident and how it differs from an everyday stressor.

1. Describe a critical incident.

- A critical incident is a specific, sudden, and often unpredictable event that is perceived or interpreted in such a way that drives an intense emotional and physiological reaction (i.e. Consequences).
- The Consequences experienced during the critical incident, such as an intensified stress response, *may* overwhelm a person's ability to cope with the stressor at that particular point in time.

2. Explain that critical incidents can include unpredictable events as well as events that were expected.

- A critical incident may be sudden and unpredictable, like you and your unit come upon hostile engagement or experience a catastrophic vehicle accident.
- Yet, a critical incident may also be an event that was on your radar, like missing a loved one's birthday, that when it actually happens suddenly causes an intense, overwhelming reaction. The event may have been expected, but the reaction was not.

Record your own notes here:



3. Elicit examples of critical incidents.

- **[ASK]** What are some examples of things that meet the criteria of a critical incident?

[NOTE: Discussion might include the following

- Battle buddies or key leader being severely wounded or killed; witnessing civilian casualties;
 - Perimeter breach;
 - Handling human remains;
 - Witnessing severe illness or unsanitary living conditions amongst local national civilians;
 - Missing the birth of your child;
 - Your elderly grandparent passes away.]
- Experiencing situations that call for moral disconnect can be experienced as a critical incident. As Soldiers on the deployment, you may have to do things or witness things that are against your personal beliefs, values, or ideology; thus, there is a moral disconnect.
 - For example, you may witness injustice or things that conflict with American culture or your personal morals, such as physical abuse to women, and be unable to act upon the injustice because it is culturally acceptable in the deployed country.

4. Acknowledge that the AE itself does not determine whether the event is a critical incident; it depends on the person and the circumstances surrounding the incident.

- Recall that the exact same AE can be experienced differently by two different people. So, missing out on a birthday may be an everyday stressor for some but be experienced as a critical incident by others. Similarly, the onset of enemy fire may trigger a critical incident reaction by one Soldier and not for another.
- Remember the straw that broke the camel's back. When our resilience reserve is low, an everyday stressor may be experienced as a critical incident because we momentarily lack the strength to cope with the stressor.
- Bottom line is that a critical incident can be any Activating Event; what makes it a critical incident is the overwhelming nature in which it is experienced. It will depend upon the person and on the circumstances.

5. Transition.

- Now let's take a look at common responses and reactions that accompany critical incidents.



Record your own notes here:



Critical Incident: Common Reactions



Stress response activated to an intense degree

Training takes over (go on "auto-pilot")

Fight or Flight Mode



Confusion, extreme self-doubt

Survivor guilt

Feeling responsible

Anger, especially toward leaders

www.armyresilience.army.mil

Follow us @ArmyResilience  



Discuss some physical and mental reactions to a critical incident.

[SLIDE BUILDS]

1.

Explain that critical incidents, specifically the physiological reactions that accompany them, can be overwhelming to the Soldier in-the-moment as well as after the event has passed.

- During a critical incident, the intensity of the stress response, or physical reactions, may overwhelm your senses. This is sometimes referred to as an acute stress response (ASR).
- For example, your hands may shake uncontrollably, your heartrate may feel out of control, your breathing may feel rapid and shallow, and/or you may feel nauseated or even vomit.
- Sometimes, these intense physiological reactions are not noticed until after the immediate stress is gone.

2.

Explain common behavioral reactions that accompany critical incidents, such as going into Fight or Flight mode.

- Soldiers often report that during a combat-related critical incident, their training kicks in, and they do what they have been trained to do.

Record your own notes here:



- In these moments, Soldiers may act on “auto-pilot” and experience emotions ranging from numbness to exhilaration while carrying out their roles. Such reactions are tied to personal survival and can save the lives of your battle buddies. The behaviors engaged in instinctively are tied to the Fight-or-Flight stress response.

3. Explain how a Soldier might interpret their physiological or behavioral reactions in response to a critical incident.

[CLICK TO ADVANCE]

- Soldiers who are not expecting the physiological reactions they experience during a critical incident can interpret their reactions in a number of ways.
- How the Soldier interprets their reactions can lead to a range of psychological effects, ranging from unpleasant confusion, to extreme self-doubt, to guilt.
- The Soldier may have Thoughts like, “I was fine during the firefight, why am I scared now? I thought I was braver than this. I’m obviously not suited to being a Soldier after all. I can’t handle the stress.” These Thoughts might drive Consequences such as overwhelming anxiety, excessive physical activation, and unproductive behaviors.
- Events can be perceived as unfair and result in survivor guilt where some may feel, after the death of a battle buddy, that it should have been them instead.
- As Soldiers, you are conditioned to take responsibility; but, you are not responsible for death. For example, on a humanitarian deployment you may see deceased animals or have to deal with human remains. On a combat deployment, you may have to engage and kill an enemy as you are trained to do. You must resist taking on the emotional burden of taking responsibility of that which is not yours to take. Death is not your responsibility; your responsibility is to protect those who are still alive.
- During difficult times, people often feel a need to place blame; leaders are the natural target. Unwarranted anger toward leaders, though, can lead to a host of problems, and ultimately put the unit and members’ lives at risk.

[NOTE: *This is a natural transition to the next slide.*]

Record your own notes here:





Critical Incident: So What? & Now What?



Why is it important to discuss critical incidents?



- Set realistic expectations
 - Bad things may happen
 - Avoid making unrealistic promises
- Assist mental and physical preparation
- Enhance awareness and acceptance

What strategies could be helpful in managing the stress levels that accompany a critical incident, both in the moment and/or moments following the event?

www.armyresilience.army.mil

Follow us @ArmyResilience  



Explain why it is important to discuss critical incidents and what to do if/when one is experienced.

[SLIDE BUILDS]

1. Discuss why it is important to discuss critical incidents.

- **[ASK]** Why is it important to discuss critical incidents?

[NOTE: Allow for discussion. Cover key points that are not discussed by the group.]

[CLICK TO ADVANCE]

- Realistic expectation: The reality is that bad things can happen to good people at any time. It could even happen to you or your battle buddy.
- Some Soldiers may feel they should be able to protect their buddies, so promises are made to fellow Soldiers and/or members of Circle of Support that everyone will come home unharmed. You should avoid making such promises that you may not be able to keep.
- Preparation: Discussing critical incidents helps Soldiers better prepare for the deployment both mentally and physically. Perhaps the realities of deployment we have just discussed have you feeling a burst of fresh anxiety. A little anxiety, especially that in response to realistic expectations, can be helpful as it can motivate us to pay better attention in briefings or be more engaged in routine training exercises.
- Greater awareness and acceptance can lead to better self-management: Accepting that critical incidents can happen may help you to better manage how you respond to the critical incident after the fact.



Record your own notes here:

- As we discussed earlier, the body naturally responds to events interpreted as dangerous or threatening by triggering the stress response. Accept these physical reactions for what they are, and try not to read anything else into them. This acceptance may protect you from experiencing more damaging outcomes like extreme self-doubt, survivor guilt, or placing unnecessary blame on others.
- You are suited to be a Soldier, capable of dealing with stress, and have battle buddies and resources to help when needed.

2. Discuss strategies that could be helpful in managing critical incident levels of stress in the moment or moments following the event.

[CLICK TO ADVANCE]

- **[ASK]** What strategies could be helpful in managing the stress levels that accompany a critical incident, both in the moment and/or moments following the event?

[NOTE: Allow for discussion. If not brought up by the group, encourage Soldiers to consider

- *Deliberate Breathing in the moment to regain composure, deactivate the body / turn down the stress response; or later, for recovery or relaxation.*
- *After the event, talk to someone about the experience; initiate the PACE plan you determined during pre-deployment of who you'd process the hard stuff with, like a trusted battle buddy, leader, Chaplain, or mentor.*
- *Reaching out to available resources, which we will discuss more in-depth later.]*

3. Transition.

[NOTE: If transitioning to optional iCOVER material, use this transition.]

- Next, we will review a strategy specifically designed to help you coach a Soldier through an acute stress reaction to help them regain a sense of control and take purposeful action.

[NOTE: If not reviewing iCOVER material, use this transition.]

- Although talking about critical incidents is important, it is a heavy topic. Let's lighten the stress by taking a couple of deliberate breaths before moving on.

[NOTE: Guide, or allow time for, 2-3 deliberate breaths before proceeding.]

Record your own notes here:



iCOVER: Immediate Intervention



It is possible for Soldiers to encounter teammates experiencing an acute stress reaction (ASR) during combat

ASRs can have negative consequences for the Soldier as well as the Force

Immediate intervention is critical

www.armyresilience.army.mil

Follow us @ArmyResilience  



Explain that Soldiers may encounter teammates exhibiting so much stress that they are unable to function, which poses a risk to themselves, the team, and the success of the mission.

[NOTE: The iCOVER material is optional training if deemed appropriate for the deployed environment. As the MRT, it is up to your discretion. If possible, discuss this optional content with the deploying unit's chain of command prior to the training to make the decision of whether to include it.]

1. Inform Soldiers that it is not unusual to encounter teammates experiencing an acute stress reaction (ASR) during combat or similar high-stress situations.

- Research from the Walter Reed Army Institute of Research (WRAIR) shows some Soldiers have encountered teammates experiencing an acute stress reaction (ASR) during combat. In this module, we have referred to this as a Soldier experiencing a critical incident.

2. Explain the potential negative consequences of acute stress responses as justification for needing immediate intervention.

- An ASR has the potential to endanger the life of the individual, the safety of the rest of the team, and the success of the mission.

Record your own notes here:



- For example, freezing during mission execution, like breaching a doorway or upon contact, leaves an unprotected sector of fire, further exposing both the individual and team.
- Screaming or other unrestrained activity can draw the attention of the enemy, revealing the location of the team and making them an easier target.
- Additionally, the team may have to utilize internal resources to manage the individual on the battlefield, which can jeopardize the success of the mission.
- Immediate intervention, however, is critical for helping the Service member return to functioning.
- An effective strategy to provide the immediate intervention is iCOVER.

[NOTE: This is a natural transition to the next slide.]

Record your own notes here:





iCOVER: Video



www.armyresilience.army.mil

Follow us @ArmyResilience



Introduce iCOVER and show the iCOVER training video.

[NOTE: Slide contains the iCOVER training video that can be accessed on the MRT Resource Center or on YouTube (https://www.youtube.com/watch?v=t84_QvbnIT0).]

1. Introduce iCOVER.

- iCOVER is a six-step process that Soldiers can use to help restore a buddy who has been rendered combat ineffective due to an ASR.

2. Introduce the iCOVER training video / Play video.

[NOTE: If you have technical difficulties or do not have A/V capabilities, then talk through the six steps on the next slide.]

- The video you are about to watch will explain the six-steps in detail and will provide an example of how to engage in each step.
- I'd like you to also pay attention to when and why a Soldier might use the iCOVER process. We will discuss this after the video.
- This video is about 11 minutes in duration, and it can be found on YouTube by searching for "iCOVER training video".

[NOTE: Play the video. When it is finished, advance to the next slide for debrief questions.]

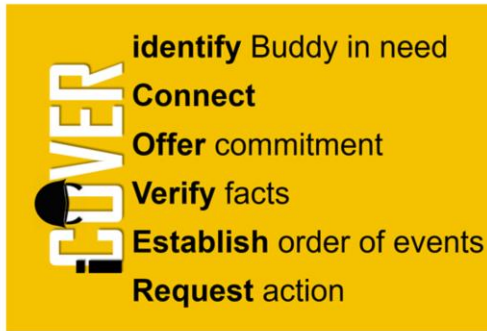
Record your own notes here:



THIS PAGE IS INTENTIONALLY BLANK



iCOVER Video Debrief



www.armyresilience.army.mil

Follow us @ArmyResilience  



Debrief the iCOVER training video.

1. Review the six-steps of iCOVER if video was unavailable.

[NOTE: If video was not available, use the talking points below to describe the six-step process. If Soldiers watched the video, you do not need to repeat the six steps.]

- The six-step process is as follows
 1. Identify a buddy in need.
 2. Connect with your buddy by making eye contact and requesting he acknowledges you.
 3. Offer your commitment so he knows you have his back and he's not alone.
 4. Verify facts about the situation to help prompt logical thought.
 5. Establish the order of events by telling your buddy what happened, what is happening now, and what will happen to help him get reoriented.
 6. Finally, request a specific, mission-related action so he can return to productive functioning.

2. Debrief the video by asking Soldiers the goal of using the iCOVER process and allow for Soldiers to ask questions.

- **[ASK]** What is the goal or objective of using the iCOVER six-step process?

[NOTE: Allow for engagement. Affirm correct responses such as "to get your teammate's thinking part of their brain back into action".]



Record your own notes here:

- **[ASK]** Are there any questions or comments about what you just saw?

[NOTE: Field questions as necessary. If questions arise that are addressed in the FAQs on next slide, then use that as a transition.]

3. Transition.

- Let's review some questions that are frequently asked about iCOVER.

Record your own notes here:





iCOVER FAQs



- How frequent are ASRs?
- Does iCOVER work?
- What if iCOVER doesn't work?
- What if the Soldier experiencing an ASR resists iCOVER?
- What are the most common mistakes when providing iCOVER?

www.armyresilience.army.mil

Follow us @ArmyResilience  



Review frequently asked questions (FAQs) about iCOVER.

1. Explain the frequency of ASRs.

- Unfortunately, the exact prevalence of ASRs is unknown, but WRAIR is currently conducting research to assess how frequently Service members in combat experience an ASR.
- Understanding the frequency of ASRs is difficult for many reasons
 - Some Service members are able to spontaneously recover, so the incident is never reported to their leadership or to behavioral health providers;
 - Leaders who *are* aware of the event may be hesitant to report the incident out of concern that the Soldier will be stigmatized; and
 - An ASR can be characterized by a wide range of symptoms, which can make it difficult for Service members to identify the event as an ASR.

2. Describe evidence that iCOVER is effective.

- The iCOVER procedure is based on evidence-informed and theoretically-based principles.
- Anecdotal evidence from the Israeli Defense Force Medical Corps suggests the iCOVER procedure is effective for restoring functioning.

Record your own notes here:



3. Describe what to do if iCOVER does not work.

- However, if you've worked through the six steps of iCOVER and the Soldier is still not able to take purposeful action, you must shift your focus to ensuring their safety and preventing further injury using Care Under Fire (CUF) and/or Tactical Combat Casualty Care (TCCC).

4. Describe how to handle a Soldier who resists iCOVER.

- Individuals experiencing an ASR will typically feel helpless and disoriented. They will not have the cognitive capacity to resist.
- Therefore, active resistance is most likely a sign that the Soldier is not experiencing an ASR.
- If the Soldier is actively resisting, you should stop iCOVER and reassess the Soldier for physical injuries.

5. Describe the most common mistake made when providing iCOVER.

- The most common mistake is using calming language, for example, "everything will be okay", "don't worry", or "are you okay?".
- Using emotional language will only exacerbate the individual's emotional response.
- Instead, focus on facts to help restore cognitive control.

6. Discuss any remaining questions.

- **[ASK]:** What questions do you have about iCOVER?
[NOTE: Allow for and answer any questions.]

7. Transition.

- Although talking about critical incidents is important, it is a heavy topic. Let's lighten the stress by taking a couple of deliberate breaths.

[NOTE: Guide, or allow time for, 2-3 deliberate breaths before proceeding.]

- Now, let's talk about strategies you can use to manage the everyday stressors of deployment.

Record your own notes here:





Strategies During Deployment



Veteran deployers:

What strategies have you found to be effective to manage stress during deployment?



www.armyresilience.army.mil

Follow us @ArmyResilience



Elicit examples of how veteran deployers have managed stress on past deployments.

1. Elicit examples of how veteran deployers have managed stress during past deployments.

- **[ASK]** Veteran deployers, what strategies have you found to be effective to manage the everyday stress during deployment?

[NOTE: Allow for responses. When a Soldier shares a strategy, ask them the follow-up question below to help Soldiers think further about when and why they used the strategy.]

- **[ASK]** How did you use the strategy and in what way did it benefit you?

[NOTE: Examples may include

- When frustration was high due to changes in mission, I did PT. It helped me to burn off excess energy.
- When I was annoyed by tight living quarters, I put on my headphones and blasted music. It helped me to shut the world out for a few minutes.]

2. Transition.

- These strategies along with ones you shared earlier with regard to pre-deployment strategies are ones to keep in mind for potential use on the upcoming deployment.



Record your own notes here:

THIS PAGE IS INTENTIONALLY BLANK



Strategies During Deployment



It is good to have a variety of strategies to choose from


Different strategies may be more useful in one situation than another



There is no right answer; choose what works best for you

It is highly recommended to rely on strategies within your control

www.armyresilience.army.mil

Follow us @ArmyResilience  



Stress the importance of relying on strategies that are within your control and available at all times.

1. Explain that there are numerous strategies yet some may be more effective to rely on than others.
 - There are a number of strategies to manage stress and maintain your resilience. And, it's good to have a variety of strategies to choose from.
 - However, some strategies, like those you may currently be using pre-deployment, may not be available during deployment. Take for example, going for a drive to cool off or drinking beer with friends.
 - Likewise, some of the strategies discussed for use during deployment, such as working out, playing video games, or taking a nap, are not *always* readily available to you on deployment when you need to lower your stress levels or adapt to the situation.
2. Use the following illustrations to highlight that different strategies might be better suited for different situations.
 - Different strategies may be more useful in one situation than another.
 - Imagine you are in a firefight, and have been for a considerable amount of time. You catch a break and are taking cover. Your stress level is clearly high, but you cannot just go for a run or pop in your ear buds to listen to your favorite music.
 - **[ASK]** What might be an effective strategy to use?

[NOTE: Allow for responses.]



Record your own notes here:

- Let's take a look at another example. You have been out on a Traffic Control Point (TCP) mission all day. You're exhausted, hungry, and have had to put up with crap all day. You're finally on your way back to the FOB to refit, but your vehicle gets stuck.
- **[ASK]** What might be an effective strategy to use?

[NOTE: Allow for responses. It is expected that you get a variety of responses for each scenario. If so, bring this to light to emphasize the next point.]

- For either of these scenarios, there is no right answer. A variety of strategies may work in any given situation. What works for you may not be the most effective for your battle buddy, and vice versa. Choose the strategy that works best for you.

3. Emphasize the importance of being skilled with strategies that are within your control and available at any and all times.

- When fostering resilience, it is highly recommended that you rely on strategies that are within your control. This means that the strategy is available to you to use anywhere, at any and all times.
- The benefit of the strategies presented in DCRT—like Control the Controllables, Shift Your Thinking, Deliberate Breathing, and those we are about to cover—is that they are “controllables.”
- Even still, the DCRT strategies may not be the answer to all stressors or situations. Consider strategies shared by the veteran deployers and your leaders, as well as other strategies you learn along the way.

4. Transition.

- Effective strategies are those that change the Consequences—your Emotions and Reactions—from counterproductive to productive in that particular situation. Sometimes, what can be most helpful is to generate positive emotions.

Record your own notes here:





Positive Emotion: Humor



Humor can be an effective coping mechanism to deal with momentary stress



What are some funny things that you have experienced on deployment?

Positive emotions have an undoing effect on negative emotions, broaden attention, increase critical thinking, and enhance resilience



www.armyresilience.army.mil

Follow us @ArmyResilience  



Discuss the value of generating positive emotions by engaging one's sense of humor.

1. Explain that humor can be an effective coping mechanism to deal with momentary stress.

- Humor can be an effective coping mechanism to deal with momentary stress so there is great value in maintaining your sense of humor throughout the deployment cycle, particularly while deployed.

2. Establish the realistic expectation that funny things will happen on deployment by asking veteran deployers to share their past experiences.

- There might be an expectation that nothing funny happens on deployments and that deployments are constantly serious. However, funny things do happen.
- **[ASK]** Those of you who have deployed before, what are some funny things that you have experienced on deployment?

[NOTE: Allow for discussion. If training a small group with few veteran deployers, open the discussion up to all Soldiers by including funny experiences during Basic Training or JRTC/NTC rotations.]

Record your own notes here:



3. Highlight the change of energy in the room as a result of engaging in a sense of humor.

- Notice the energy shift in the room, and maybe even within yourself. Shifting the conversation to positive, humorous experiences has generated positive emotions like humor, amusement, and interest.
- You may also notice a slight decrease in negative emotions like anxiety, gloom, or boredom, even if just for a moment.

4. Explain the effects of positive emotions and how they benefit a Soldier's resilience.

- This energy shift happens because positive emotions have an “undoing effect” on the physiological changes that happen when experiencing negative emotions. Moreover, positive emotions broaden attention, increase creative thinking, and enhance resilience.
- Often when people think of positive emotion, they think only of happiness, joy, or excitement. But there are many other positive emotions like peace, relief, love, contentment, and gratitude, to name a few.
- Research has honed in specifically on the power of gratitude, such as its effect of buffering stress and promoting greater physical and emotional well-being.

[NOTE: This is a natural transition to the next slide.]

Record your own notes here:





Positive Emotion: Gratitude



Persistent practice of cultivating gratitude can lead to

- Better health
- Better sleep
- Lower depression
- Engagement in effective coping strategies
- More optimal performance
- Better relationships
- More attuned to positive events

www.armyresilience.army.mil

Follow us @ArmyResilience  



Review benefits of gratitude and encourage Soldiers to identify how regularly eliciting the emotion of gratitude can help them on deployment.

1. Explain that persistent practice of cultivating gratitude leads to several benefits.

- Persistent practice of cultivating gratitude leads to several beneficial outcomes like better health, better sleep, more optimal performance, and better relationships.
- **[ASK]** Review the benefits on the slide. How do you see some of these outcomes benefiting Soldiers on deployment?

[NOTE: Make it real; bring these points to life.]

2. Transition.

- A simple way to generate more positive emotion, particularly gratitude, is to focus on the good things that are happening or have already happened. There is a strategy for that, it is called Hunt the Good Stuff.

Record your own notes here:



THIS PAGE IS INTENTIONALLY BLANK



Strategy: Hunt the Good Stuff



| What | When | How |
|--|---|---|
| Deliberately focusing your attention on the good things or positive events that happen or have happened in your day, and appreciating them | Daily, on-going When you have time to reflect In conversations with others | Step 1: Search for good things or positive events. Step 2: Take note (write, speak, or think) of three good things that happened. Step 3: Spend a moment reflecting on each good thing by asking <ul style="list-style-type: none"> • What does it mean to me? • How can I get more of it? • What ways did I or others contribute to this good thing? |



www.armyresilience.army.mil

Follow us @ArmyResilience



Introduce the strategy of Hunt the Good Stuff.

1. Explain that a common misconception of HTGS is denying the bad stuff that happens.

- Hunt the Good Stuff (HTGS) isn't a new concept. Some of you may recall a grandmother or parent telling you to count your blessings. And, this is perhaps one of the most recognized skills you learn in formal resilience training.
- HTGS, though, is often misunderstood as a "sunshine-and-rainbows" skill. HTGS is not about burying your head in the sand, denying the bad things in a situation.

2. State "what" HTGS is.

- HTGS is deliberately focusing your attention on the good things or positive events that happen or have happened in your day, however small, and appreciating them.

3. Describe "when" to HTGS.

- HTGS is a resilience strategy to use daily. Taking notice of good things as they happen throughout the day will benefit you in the moment as well as strengthen your ability to remember those good things later.

Record your own notes here:



- You can HTGS when you have a moment to reflect on the day. This might be at the end of the day before lights out, or when you're getting ready for the day. Perhaps, you HTGS during "hurry-up-and-wait" time.
- You can also engage in HTGS, more informally, during conversation with others. This will not only benefit you, but it will benefit the other person as well.
- Take for example, if I'm recounting my crappy day to my buddy, I'm having a crappy day all over again, and my buddy is having a crappy day right along with me.
- Instead, if you share the good stuff, and spend time discussing that good stuff, consider how this might shift your energy and your friend's energy into something more productive.

4. Explain "how" to use the strategy.

- Let's review the three simple steps of how to use the strategy of HTGS to reap the most reward
- **Step 1**, is to "be on the hunt" and search for good things or positive events as they are happening or that have already happened in your day.
- **Step 2**, take note of three good things by writing down, thinking of, or talking about each good thing.
- **Step 3**, for each good thing, **reflect** on each thing by asking a follow-up question like, what does it mean to me? How can I ensure that it happens again? Or, what did I or others do to contribute to it happening?

[NOTE: Provide an example (e.g., receive a letter from home) and walk through a reflection on it.]

5. Transition.

- Let's discuss some of the good stuff you might find when on deployment.

Record your own notes here:





Strategy: Hunt the Good Stuff



What are some good things that happen on deployment?

- Letter from home
- Steak night at the DFAC
- Positive feedback from leader
- Get in a great PT session
- Good cup of coffee
- No poop-burning detail
- Clean socks
- Shower



What are some creative ways to build HTGS into your daily routine...

- now in pre-deployment?
- while on deployment?
- in communication with your Circle of Support?



www.armyresilience.army.mil

Follow us @ArmyResilience



Establish the realistic expectation that good stuff will happen on deployment; sometimes you may just have to hunt for it.

[SLIDE BUILDS]

1. Discuss what good things happen on deployment in order to establish that experiencing good things on deployment is a realistic expectation.

- **[ASK]** Veteran deployers, what are some good things that happen on deployment?

[NOTE: Allow for responses before revealing examples. Review examples not covered by the group.]

[CLICK TO ADVANCE]

- It is realistic to expect that good stuff happens on deployment. In the beginning of this module, we even highlighted several positive things you might see, hear, and smell.
- Some days the good things might be easy to spot. Other days, though, you may have to put some effort into finding a good thing in that day, which is when actively using the strategy of HTGS can be helpful.

2. Discuss how HTGS counteracts the negativity bias.

- **[ASK]** How does Hunting the Good Stuff help to counteract the negativity bias and enhance resilience?

[NOTE: Allow for discussion.]

Record your own notes here:



- It's true that not every day is a good day, but there is good in every day. HTGS trains you to notice it.
- Taking the time to focus on and ruminate over the positive events of the day leads to more balanced emotions and energy.
- From the beginning of the module to now, you may have even noticed a change in your emotions and energy in regard to the upcoming deployment as we have counteracted the negativity bias throughout the module.

3. Discuss creative ways to implement HTGS.

[CLICK TO ADVANCE]

- **[ASK]** What are some creative ways to build HTGS into your daily routine now during pre-deployment?

[NOTE: Allow for responses. Examples might include

- At the dinner table, go around and share good things from the day;
- Keep a journal and HTGS for 5 minutes before bed;
- When alarm goes off in the morning, start the day by HTGS from day before.]

- **[ASK]** What are some creative ways to build HTGS into daily routine on deployment?

[NOTE: Allow for discussion. Examples might include

- Keep a HTGS journal;
- Make it a squad event;
- Make it part of the AAR process.]

- **[ASK]** How might you use the strategy of HTGS when communicating with those from your Circle of Support back home?

[NOTE: Allow for discussion. Examples might include

- Start or end phone/video calls by sharing good stuff;
- End your day by texting someone of your Circle of Support 1-2 good things from the day;
- Be deliberate in pointing out—or praising—the good stuff you see/hear happening back home.]

4. Transition.

- Because we are on the topic of communication, let's continue by reviewing the strategy of Deliberate Communication.

Record your own notes here:





Strategy: Deliberate Communication



| What | When | How |
|--|--|---|
| Communicating openly, respectfully, and clearly in order to promote strong connections with others | Daily, on-going Need to address a challenge Sharing good stuff | Follow through with your communication plan <ul style="list-style-type: none"> – Re-engage expectations, if necessary Avoid suppressing the hard stuff (e.g., critical incidents); engage someone to talk to, such as the person(s) you identified during pre-deployment Don't dwell on the bad, also talk about the good |



www.armyresilience.army.mil

Follow us @ArmyResilience  



Introduce the strategy of Deliberate Communication and discuss its application during deployment.

1. Describe “what” Deliberate Communication entails.

- Communication is critical to promoting strong connections with others and strong connections with others greatly impacts your resilience. When you place value on your relationships, it can provide the motivation to approach communication in a more deliberate way.
- Deliberate Communication, therefore, is communicating openly, respectfully, and clearly in order to promote strong connections with others.

2. State “when” to use Deliberate Communication.

- The strategy of Deliberate Communication is encouraged to be used daily, on an on-going basis. It can be useful when addressing a challenge or conflict with your deployed Soldier so you can be purposeful and intentional in how you communicate rather than be driven or dictated by emotions. The strategy can also be used when sharing good stuff with your Soldier.
- Communicating effectively and deliberately is hard, and it may be even harder when you are deployed. So, of all the strategies to begin using now during pre-deployment, Deliberate Communication might be the strategy that delivers the biggest bang for the buck.

Record your own notes here:



3. Explain how following through with the communication plan that is established during pre-deployment can aid resilience.

- Earlier, we talked about having a conversation with your Circle of Support regarding what information will be shared with whom, as well as when and how.
- Follow through with that plan. Make adjustments—re-set expectations—if and when necessary.
- Avoid suppressing the hard stuff you experience on deployment, like critical incidents. Engage someone to talk to, such as the person(s) you identified during pre-deployment. You do not have to carry the burden alone. Reaching out for support is a marker of a resilient Soldier and helps keep you mentally fit for the mission.

4. Discuss the importance of communications, including both the bad stuff and the good stuff.

- Deployment stress can unearth problems and challenges for both you and your Circle of Support. It is important to address the challenges and communicate through them. Furthermore, offering to listen to the challenges someone else is facing will communicate that you are there for them and provides great support to the other person.
- Yet, if you and your Circle of Support only spend time communicating about what is bad, difficult, or challenging, then you'll be succumbing to the negativity bias. As a result, you'll be bound to experience an unhealthy ratio of negative emotions to positive emotions, which can erode connection over time.
- Bottom line, try to avoid dwelling on the bad; it is equally as important to look for and talk about the things that are going right and going well.

5. Transition.

- Let's continue the discussion of how to engage in Deliberate Communication, communication that is open, respectful, and clear.

Record your own notes here:





Strategy: Deliberate Communication



| What | When | How |
|--|--|---|
| Communicating openly, respectfully, and clearly in order to promote strong connections with others | Daily, on-going Need to address a challenge Sharing good stuff | Regulate emotions Be mindful when communicating via text / email / social media <ul style="list-style-type: none"> - Write what you mean - Minimize sarcasm - Consider tone, use emojis - Re-read / cool-off before sending - Self-regulate when on the receiving end |



www.armyresilience.army.mil

Follow us @ArmyResilience  



Continue the discussion of Deliberate Communication and its application during deployment.

1. Continue to discuss “how” to engage in Deliberate Communication, while making the connection to strategies covered throughout the module.

- Communicating while experiencing intense emotions may prevent effective communication. Intense emotions can interfere with how a message is delivered as well as how it is received.
- Deliberate Communication requires you to regulate your emotions.
- **[ASK]** What are some strategies you could use to help regulate your emotions in order to communicate openly, clearly, and respectfully?

[NOTE: Allow for responses. Help Soldiers connect the dots to use Shift Your Thinking, Deliberate Breathing, HTGS. Ask Soldiers to elaborate on how each strategy would aide emotional regulation.]

Record your own notes here:



2. Discuss effective habits when communicating by e-mail, instant messaging, or social media.

- When communicating via email, text, or social media, there is a danger of being misunderstood due to the absence of seeing nonverbal cues like facial expressions or hearing one's tone of voice.

[NOTE: Share an example, like “So nice to finally hear from you” with different inflections/interpretations.]

- Vague or un-thought-through messages can be misinterpreted, and false assumptions can be made.
- **[ASK]** What are some effective habits or best practices to consider when communicating through electronic means?

[NOTE: Allow for discussion.]

3. Cover any effective communication habits that were not addressed in the group discussion.

- Write what you mean, minimize sarcasm, consider your tone and what the other person may take from the written communication, and craft your messages carefully to avoid being misunderstood.
- Use emojis: emojis can help make up for the missing communication cues and help the reader decode your intended tone.
- Always re-read messages before hitting “send” or “post”. Once the message is sent, you cannot take it back. Once you pull the trigger, the round has left the chamber.
- Cool off before sending a heated message. Consider waiting if you are angry, upset, or overly tired. You may feel differently about the situation later. Take a breather, re-read the message, and/or get a sanity check by having your battle buddy read it before firing it off.
- As the one receiving the message, fight any urge to read into anything or jump to conclusions. If something is unclear, seek clarity. Take ownership of your interpretation, and regulate your emotions and reactions.

4. Transition.

- Let's review the strategies we've covered so far.

Record your own notes here:





Implementing Strategies



Control the Controllables

Shift Your Thinking

Deliberate Breathing

Hunt the Good Stuff

Deliberate Communication

Pursuing a Goal Plan

Which strategies do you see being most helpful for you personally?

How might you use the strategies when coaching a battle buddy through a challenge?

www.armyresilience.army.mil

Follow us @ArmyResilience



Review strategies covered thus far and encourage Soldiers to build their skill in using them.

1. Encourage Soldiers to identify which strategies will be most helpful to them personally and when they can use them.

- So far, we have discussed several strategies that can be used to promote resilience during the deployment cycle.
- **[ASK]** Which strategies do you see being most helpful for you personally?

[NOTE: Allow for discussion. If necessary, direct Soldiers to choose from the strategies on the slide to guide conversation toward the strategies taught in the module.]

[NOTE: Encourage respondents to not only identify the strategy but also to share when they see themselves using it. This indirectly helps them establish when/then implementation intentions.]

2. Emphasize the value of using the strategies now during pre-deployment.

- It is important to be skillfully equipped with effective strategies to meet all the demands and challenges you may face during the deployment cycle.
- Just as you would not wait until you arrive downrange to learn how to engage with your weapon, do not wait until you get on deployment to engage your resilient skills.
- Practice and become proficient now.



Record your own notes here:

3. Briefly acknowledge key factors that can contribute to strategy effectiveness.

- Remember that it is vital to have strategies that are within your control and always available to you.
- You may find that different strategies work better for you than others depending on the stressor, timing, and situation.
- For example, some strategies are useful in the moment, whereas other strategies are more appropriate after the dust has settled or once the stressor is no longer immediate.

4. Discuss how Soldiers might use the strategies to coach a battle buddy through a challenge.

- While these strategies are meant for personal use, you may find value in coaching others like your battle buddies to use the strategies if or when needed.
- **[ASK]** How might you use the strategies when coaching a battle buddy?

[NOTE: Allow for responses. Examples might include

- *Before a battle drill, if you notice your battle buddy is feeling anxious, then you might encourage them to take a few deep belly breaths and inhale and exhale to the count of five (e.g., Deliberate Breaths).*
- *At the chow-hall, if your battle buddy is expressing their worry over something back home, then you might encourage them to identify what they can control in the situation and help them determine a specific, productive action that can be taken (e.g., Control the Controllables).]*

5. Transition.

- We've covered a lot in Part 2. We've discussed stressors as well as strategies. And throughout the module, we've established realistic expectations. Let's move onto the third and final part of today's module.

Record your own notes here:





Part 3: Utilize Assets & Resources



Capitalize on human **assets** and on available **resources** to strengthen resilience and promote a successful deployment experience for unit, self, and Circle of Support

www.armyresilience.army.mil

Follow us @ArmyResilience  



Part 3: Recommended time is 25 minutes



Introduce Part 3: Utilize Assets & Resources

1. State that this next section will cover the Assets and Resources that can be used to assist in strengthening personal and unit resilience.
 - This next section will cover Assets and Resources. Utilizing the support available to you can help strengthen personal and unit resilience as well as help you to achieve personal and professional goals.
 - First, we will discuss the human assets, such as the strengths and skills of the unit and of you individually. Then, we'll cover the online and on-site resources that are available to you. Lastly, we will review how pursuing meaningful goals can help you further develop your assets.
2. Explain that capitalizing on assets and resources can help them grow through the deployment.
 - It is unrealistic to expect to have to go through this deployment alone. It is also unrealistic to expect that you won't need support from others.
 - Utilizing assets and resources will assist you in not just getting through the deployment cycle, but growing through it.

[NOTE: This is a natural transition to the next slide.]



Record your own notes here:

THIS PAGE IS INTENTIONALLY BLANK



Assets: Strengths & Skills



What strengths and skills might a Soldier *personally* have that can be helpful in facing the demands of deployment?



How might your Circle of Support be a source of strength during deployment?

How do the strengths and skills of individual Soldiers impact the unit?

www.armyresilience.army.mil

Follow us @ArmyResilience



Encourage Soldiers to realize the strengths and skills that they themselves bring to the deployment experience.

1. Discuss what strengths individuals bring to their unit.

- **[ASK]** What strengths and skills might a Soldier personally have that can be helpful in facing the demands of deployment?

[NOTE: This question is set up to elicit a third-person type response as some Soldiers may be uncomfortable or embarrassed verbalizing their own personal strengths and skills. A further probe may be to ask what strengths and skills they have observed in members of their unit.]

- Consider what strengths and skills you bring to your unit. Part of resilience is knowing your strengths and drawing upon them to meet the demands of the situation.

2. Discuss how a Soldier's Circle of Support can be a source of strength to face the demands of the deployment.

- **[ASK]** How might your Circle of Support be a source of strength during deployment?

[NOTE: Allow for discussion.]

Record your own notes here:



- Relationships—connection with others—can be a great source of strength. Maintaining healthy relationships is a skill, meaning it takes intention and effort.
- Recall our discussion on Deliberate Communication and the ways to strengthen and maintain connection.
- Just as your Family and friends can be a source of strength and support to you during the deployment, you can also be a source of strength for them as they face the demands of deployment on the home-front.
- Members of your Circle of Support, such as your Family, battle buddies, or civilian co-workers (i.e. National Guard, Reserves), must be able to function effectively in your absence and know you are proud of their ability to do so – tell them, don't assume they already know. Pay attention to and comment on the successes that members of your Circle of Support experience during the deployment.

3. Encourage Soldiers to see how strengths and skills of individuals positively impact the strengths and skills of the unit.

- **[ASK]** How do the strengths and skills of individual Soldiers impact the unit?

[NOTE: Allow for discussion.]

- Everyone has a role and everyone has value.
- Jeremiah Denton, a U.S. Navy Rear Admiral and Naval Aviator taken captive during the Vietnam War once said, “The nation is only as strong as the collective strength of its individuals.”
- Your individual strengths and skills contribute to the unit as a whole, and it is this collective strength that enables a unit to accomplish the mission.

4. Transition.

- Let's take a closer look at the strengths and skills found within the unit.

Record your own notes here:





Assets: Strengths & Skills



What strengths and skills does your *unit* have to face the demands of deployment?



- Battle Buddies
- Cohesion
- Leadership
- Training
- Professional Support

www.armyresilience.army.mil

Follow us @ArmyResilience  



Encourage Soldiers to realize the strengths and skills that their unit and others bring to the deployment experience.

[SLIDE BUILDS]

1. Discuss what strengths and skills the unit possesses that can help the unit better face the demands of deployments.

- **[ASK]** What strengths and skills does your unit have to face the demands of deployments?

[NOTE: Allow for discussion. If necessary, ask veteran deployers how they previously drew on the strengths and skills of their units to give them confidence and resilience during their previous deployment(s). Focus on themes of confidence (confidence in their leaders, their training, their equipment, etc.) that enable resilience and mission success.]

2. Discuss any strengths and skills that were not fully covered by the group.

[CLICK TO ADVANCE]

- Battle Buddies. Through your ability to work together and support other members of your team, you can capitalize on each other's strengths and overcome each other's weaknesses – collective strengths overcome collective weaknesses.

Record your own notes here:



- Cohesion. A unit working closely together, sharing experiences and trusting and depending on one another, sometimes even for survival, typically results in close bonds that last a lifetime. The strength comes from your buddy knowing you have their back, and they have yours.
- Leadership. One of the most important strengths is trust in your leaders and knowing they are thinking about your welfare and survival. The training and experience of Army leaders is unmatched in the world.
- Training. You have the most modernized training of any Army that has ever deployed and are technologically superior with capabilities to win in multidomain operations (MDO). Furthermore, the tough, realistic training you receive mirrors that of the deployed environment as closely as possible in order to set you up for mission success.
- Professional Support. There are multiple ways for Soldiers to get the support they and their Circle of Support may need throughout the deployment cycle. Be there for your buddies and ensure they know that getting help when needed is not only a courageous thing to do, but necessary for mission readiness.
- A myth of resilience is that you must handle everything on your own. But, the *fact* is that asking for help, and accepting help, is a marker of a resilient Soldier.

[NOTE: Refer to the photo of Soldier being helped over the wall by his battle buddies. This is more than just conducting training or building cohesion. This also highlights the importance of being there for your battle buddies when they need a hand. What's more, it shows the Soldier reaching out and accepting the help.]

- Sometimes the help you or your battle buddy might need is beyond the scope of your or your friend's abilities, and it will be important to seek someone with professional experience.

3. Transition.

- Let's discuss the professional support available to you.

Record your own notes here:





Resources



What resources are available to you, your unit, and your Circle of Support?



www.armyresilience.army.mil

Follow us @ArmyResilience

Record your own notes here:

[NOTE: See Tab J for the worksheet containing your personal notes of information (e.g., phone numbers, locations) specific to the unit receiving the training for local and remote resources. There is an optional handout for participants with more detailed descriptions of key resources in Tab I.]



Highlight resources available to support the Soldiers, unit, and Circle of Support during the deployment cycle.

[SLIDE BUILDS]

1. Discuss resources that are available to the Soldiers, unit, and Circle of Support during the deployment cycle.

[NOTE: Do some homework to know what resources are available to the unit, locally and remotely. Have relevant contact information, such as phone numbers, physical addresses, and websites readily available.]

- **[ASK]** What resources are available to support you, your unit, and/or members of your Circle of Support during the deployment cycle?

[NOTE: Allow for responses. When a Soldier offers a resource, such as ACS, ask them or others to explain what the resource is or what it provides.]

2. Discuss any points that were not already raised by the group and that are deemed most relevant to the group.

[CLICK TO ADVANCE]

[NOTE: Rely on Soldiers to share what services each resource provides and fill in the gaps.]

- Some resources may include
 - Army Community Service (ACS): comprehensive services designed to meet individual and community needs. ACS programs include Financial Readiness, Family Advocacy Program (FAP), Army Family Team Building (AFTB), and more.



- Family Advocacy Program (FAP): programs and services for Soldiers and Families to enhance their relationship skills and improve their quality of life, which include Exceptional Family Member Program (EFMP), New Parent Support Program, and more.
- Army Family Team Building (AFTB): a training and readiness program that provides a better understanding of Army culture as well as the skills and resources needed to become resilient, self-sufficient members of the military community.
- Military One Source: online resource that is a one-stop-shop. It provides assistance on an array of topics such as the Military Life Cycle, PCS moves, Health & Wellness, Retirement Planning, Financial & Legal, Education & Employment, and more.
- Military and Family Life Counseling Program (MFLC): free, short-term, confidential non-medical counseling services for a wide range of issues from marital conflicts and stress management to coping with deployments or loss. MFLC is available to Soldiers and their Families, and sessions can take place in person, over the phone, or via secure video or online chat.
- Better Opportunity for Single Soldiers (BOSS): BOSS program aims to enhance the morale and welfare of single Soldiers. BOSS sponsors a variety of activities before, during and after deployment to maintain the morale of single Soldiers affected by deployment stress.
- Army Wellness Center (AWC): staffed with health educators to provide educational programs and services to improve and sustain physical health. Programs include health & fitness assessments, wellness coaching, exercise prescription, nutrition coaching, stress management, and tobacco education and coaching.
- Ready & Resilient (R2) Performance Centers (R2PC): R2 Performance Centers have Master Resilience Trainers-Performance Experts with graduate level degrees in psychology or human performance who can assist you in achieving goals, enhancing resilience, and optimizing performance.
- Chaplain: provide religious or spiritual support and counseling.
- Embedded Behavioral Health Provider: trained and certified professionals to provide clinical assistance regarding mental health issues or concerns.

Record your own notes here:



- United Service Organizations (USO): provides family meals and activities for Soldiers and Families such as wellness activities, gaming and fitness programming, and a safe environment for Soldiers and Families to hang out and relax.
- Employer Support of the Guard and Reserve (ESGR): helps Soldiers understand their rights governed by the Uniformed Services Employment and Reemployment Rights Act (USERRA). Specifically, ESGR helps Soldiers know where to turn if facing employment issues, Civil Litigation, or other discrimination for their military service to include being deployed.

[NOTE: USERRA is a Federal law intended to ensure that persons who serve in the Armed Forces, Reserve, National Guard, or other uniformed Services: (1) are not disadvantaged in their civilian careers because of their service; (2) are promptly reemployed in their civilian jobs upon their return from duty; and (3) are not discriminated against in employment based on past, present, or future military service.]

- Deployment Health Assessment Program (DHAP): DHAP provides early identification of emerging deployment related health conditions and serves as a gateway to care and treatment. The goal of DHAP is to connect Soldiers and Army Civilians with the right care at the right time.

3. Encourage Soldiers to consider how awareness of the available resources can support their resilience and alleviate stress when on deployment.

- **[ASK]** How might having a greater awareness of the resources available to you help support your resilience, and potentially alleviate stress, when on deployment?

[NOTE: Allow for discussion.]

- If a situation arises during deployment where professional assistance is needed, you may not have the time or energy to research what is available.
- Knowing ahead of time where you can turn for support can alleviate stress by helping you promptly “Control the Controllables” and take action.

4. Transition.

- Another resource that can impact your level of resilience is one that can be found within you. It is your motivation. More specifically, this internal resource is your ability to self-regulate your motivation on a daily or moment-to-moment basis.



Record your own notes here:

THIS PAGE IS INTENTIONALLY BLANK



Maintain Motivation



How might your motivation change from the start of deployment, to mid-deployment, to the end of deployment?



What are some potential factors that could influence your motivation level during deployment?

The most influential factor is how you choose to think about the events that happen to you and around you

What are some effective strategies to gain or maintain motivation throughout the deployment?

www.armyresilience.army.mil

Follow us @ArmyResilience



Discuss the need to self-regulate motivation levels, specifically mid-tour, and provide ways to maintain motivation throughout the deployment.

[SLIDE BUILDS]

1. Discuss the ebb and flow of motivation during the deployment.

- **[ASK]** How might your motivation during the mission, or the deployment itself, change from the start of deployment, to mid-deployment, to the end of deployment?

[NOTE: *If necessary, ask veteran deployers directly how they experienced changes in their motivation in the past.*]

- Not only does motivation tend to take a dip around the mid-tour point, it can also change day by day and moment by moment.

2. Explain that external factors have potential to influence a Soldier's motivation level, but the Soldier's motivation is ultimately driven by their Thoughts.

- **[ASK]** What are some potential factors that could influence your motivation level during deployment?

[NOTE: *Allow for responses, then acknowledge the following key points.*]

- There are a variety of external factors that have potential to influence your motivation, such as unit climate, leadership, weather, stressors from home, or the deployment conditions.



Record your own notes here:

- These factors, or Activating Events (AE), don't automatically help or hinder your motivation. Recall the ATC Model. Your motivation is driven by your response to the AEs, such as how you think about them, interpret them, or assign meaning to them throughout the day, week, and months.

[CLICK TO ADVANCE]

- The most influential factor, therefore, is how you choose to think about the events that happen to you and around you. Your motivation is ultimately within your control.

3. Discuss strategies to self-regulate motivation.

[CLICK TO ADVANCE]

- **[ASK]** What are some effective strategies that you could use in order to gain or maintain your motivation throughout the deployment?

[NOTE: Allow for responses. Encourage Soldiers to share how they would use the strategy to gain or maintain motivation. Suggested examples include

- Control the Controllables. Focusing on what you can control can improve your confidence in your ability to successfully complete a task, which can increase levels of motivation.
- Shift Your Thinking. When you notice your motivation is low, shift your perspective. Shift to a Thought that drives the ideal level of mental and physical energy for the task at hand.
- Connect with your purpose and values. Mid-deployment it is easy to forget why you are there or why you even joined the Service. Reconnecting to your purpose and core values can offer much-needed inspiration. Read inspiring books, look at meaningful photographs, or devote time to reflect on your purpose or values.
- Hunt the Good Stuff. Recall the benefits and opportunities of deployment that were discussed earlier. Recalling these during the mid-tour slump can be helpful.]

- When it comes to maintaining motivation, it is better to be proactive rather than just reactive. If you let everyday stressors gradually build up, then this increased stress can negatively affect your morale and motivation. So, it is important to engage in effective strategies to manage stress on a regular basis.

[NOTE: This is a natural transition to the next slide.]

Record your own notes here:





Maintaining Motivation



How might pursuing goals be an effective strategy to support your resilience throughout the deployment cycle?



- Motivation
- Perseverance
- Focused effort
- Try new strategies

www.armyresilience.army.mil

Follow us @ArmyResilience  



Emphasize the benefits of setting and pursuing goals during the deployment cycle.

1. Discuss how having clear goals, and a plan to achieve the goals, can enhance resilience.

- Pursuing goals can help foster motivation and also facilitate growth.
- Growth, though, is just one aspect of resilience. Recall that resilience also includes the ability to cope with adversity, adapt to change, and learn and recover from setbacks.
- **[ASK]** How might pursuing goals, to include having a clear goal plan, be an effective strategy to support your resilience throughout the deployment cycle?

[NOTE: Allow for responses.]

2. Discuss any points that were not already raised by the group.

[CLICK TO ADVANCE]

[NOTE: The presentation of the ways goals work follows the slide pictures in clockwise direction starting at the top].

- Goals **motivate** you by giving you a sense of purpose.
- Goals also help you to sustain motivation and **increase your perseverance** to cope with adversity and overcome obstacles or difficult situations.

Record your own notes here:



- Goal plans **direct your focus and effort** toward actions that will lead you closer to realizing your goals.
- Goal plans help you to focus on the controllables in an often uncontrollable environment.
- Meaningful goals you find creative solutions and **try new strategies** if and when needed. This can include using effective strategies like Deliberate Breathing, Shift Your Thinking, or Hunt the Good Stuff to strengthen resilience.
- Finding creative solutions helps you to adapt to change as well as to learn and recover from setbacks.
- One of the greatest benefits of pursuing meaningful goals is that it can propel you on an upward trajectory, a trajectory of growth.
- Even if you do not fully achieve the goal, your efforts will mark progress and you will be better because of the pursuit. The strengths, skills, and lessons you gained through the goal pursuit can be applied to your next goal and to the mission at large.

3. Explain that a realistic expectation of the deployment is to strengthen your resilience, but becoming more resilient requires intention and effort.

- A realistic expectation of the deployment is that the deployment can strengthen your resilience. However, growth does not happen automatically and should not be left up to chance.
- Becoming more resilient requires intention and effort.
- Using effective strategies, to include pursuing goals, can help you become a more resilient Soldier and person overall.

4. Transition.

- Goal setting is likely not a new concept to you, nor is it a new strategy. It is built within the counseling process for a reason. However, you may have gone through the motions without truly appreciating the power behind the strategy.
- Now that we have a better understanding of how goals work to support our resilience, let's take a few minutes to identify a goal and set a plan to achieve it.

Record your own notes here:





Strategy: Clear Goal Plan



WOOP Goal Setting Framework: What is it?

Wish: What is something you want to fulfill?

Outcome: What would be the best **O**utcome of fulfilling it?

- Imagine the best outcome

Obstacle: What is your main inner **O**bstacle that holds you back from fulfilling your **W**ish?

Plan: What can you do to overcome your **O**bstacle?

- When ___ (obstacle/situation) ___, then I will ___ (action) ___.

www.armyresilience.army.mil

Follow us @ArmyResilience  



Introduce the WOOP framework and briefly explain each step.

[SLIDE BUILDS]

1. Introduce WOOP as an effective goal-setting framework.

- There are numerous goal-setting frameworks to use; some are more effective than others.
- WOOP is a goal setting framework that has been shown to increase goal commitment and goal attainment. The WOOP framework helps you to do what you need to do, to accomplish what you want to accomplish.
- First, I'll explain each step of WOOP. Then, we will walk through an example. Lastly, you will be given a few moments to create your own WOOP goal specific to the deployment cycle.

2. Describe Wish.

[CLICK TO ADVANCE]

- Set the Wish. The Wish is something specific that you would like to fulfill within a specific time frame. The Wish can be about your physical health, mental well-being, relationships, financial health, professional abilities, or something else.
- It is important that the Wish is meaningful to you and is also challenging yet realistic to accomplish.



Record your own notes here:

[NOTE: Reference for WOOP: Oettingen, G. (2015). *Rethinking positive thinking: Inside the new science of motivation*. New York, NY: Penguin Random House.]

3. Describe Outcome.

[CLICK TO ADVANCE]

- Describe the Outcome. Here you consider, and then visualize, what the best outcome of achieving your wish would be. The Outcome is something that you find fulfilling and motivating.
- Visualizing the Outcome is as important as identifying it.

4. Describe Obstacle.

[CLICK TO ADVANCE]

- Describe the Obstacle. Here you consider, and then visualize, the greatest *inner*, controllable Obstacle that may keep you from accomplishing your Wish.
- Inner Obstacle means something that comes from inside of you, such as your interpretation or perception of an outside barrier or the way you feel when that outside barrier arises.
- There may be several Obstacles, so choose the obstacle that is the most influential and within your control to overcome.

5. Describe Plan.

[CLICK TO ADVANCE]

- Finally, you establish a Plan for overcoming your Obstacle and obtaining your Wish. Your Plan is what you are going to do, in that moment, when that inner Obstacle arises.
- Your Plan can be something you are planning to think or say to yourself in that moment, or it can be a behavior that you will engage in, if the Obstacle presents itself. We call this a “when/then” statement.
- Research has found that the when/then framework is the key to goal success because it leverages the power of cues. Additionally, when you visualize this process, you will be more likely to behave or think in the way that aligns with your goal, or Wish.

6. Transition.

- Let’s take a look at an example.

[NOTE: *Two examples are provided. If time permits, use both. If time is limited, choose the example better suited for the group.*]

Record your own notes here:





Clear Goal Plan: Example



Wish: I wish to have quality time with my loved one(s) before I leave for deployment.

- Summarize: **Quality time with loved one(s)**

Outcome: We will build an even stronger connection to help sustain us throughout the separation.

- Summarize: **Stronger connection to withstand separation**

Obstacle: I am impatient and unkind to those closest to me when I'm really stressed out.

- Summarize: **Feeling stressed and being impatient**

Plan: When I feel stress arise, then I will take 3 deliberate breaths and focus on what's most important to me (my **Wish**).

- What strengths can you capitalize on to assist you in your **Plan** and fulfilling your **Wish**?
- What assets or resources might you consider utilizing?

www.armyresilience.army.mil

Follow us @ArmyResilience  



Provide an example of using the WOOP framework: during pre-deployment.

1. Introduce the example goal set by SGT Smith for the pre-deployment phase.
 - Let's walk through a goal set by SGT Smith for the pre-deployment phase.
 - You'll notice that each step is summarized into 3-6 words. This brings more clarity of focus in order to better promote action.
2. Walk through each step of WOOP and emphasize the sub-step of summarizing each step into 3-6 words.
 - SGT Smith's Wish is to have quality time with loved one(s) before leaving on deployment. To summarize, the Wish is for "Quality time with loved one(s)."
 - SGT Smith determined that the best Outcome of fulfilling this Wish is that SGT Smith and his loved one(s) would build an even stronger connection to help sustain them throughout the separation. To summarize, "Stronger connection to withstand the separation."

Record your own notes here:



- SGT Smith identified his greatest Obstacle to fulfilling the Wish is that he has a tendency to be impatient with those closest to him when under a lot of stress. To summarize, the Obstacle is “Feeling stressed and being impatient.”
- SGT Smith’s Plan identifies the Obstacle, “When I feel stress,” and then states an action to take when the Obstacle arises, such as “then I take 3 deliberate breaths and focus on what’s most important.”

3. Explain that drawing on strengths and resources can support Soldiers in the Plan and, therefore, increase the chances of fulfilling the Wish.

- Drawing on strengths and resources can support you in the Plan and, therefore, increase the chances of fulfilling your Wish.
- **[ASK]** Consider some of the assets and resources we covered earlier. What might SGT Smith consider utilizing to help carry out the Plan?

[NOTE: Allow for responses.]

4. Transition.

- Let’s take a look at another example of a goal pursuit during the deployment phase.

Record your own notes here:





Clear Goal Plan: Example



Wish: Lower my 2-mile run time by 2 minutes by the end of deployment.

- Summarize: 2-mile run is 2 minutes faster

Outcome: I can increase my run score on the ACFT, which will earn me more respect from my peers.

- Summarize: I will feel more respect

Obstacle: I can't run whenever I want, so I get irritated and choose to do nothing.

- Summarize: My irritation over an uncontrollable situation

Plan: When I get irritated by an outside barrier to running, then I will focus on what I can control, such as doing a high intensity interval training workout to still target my cardiovascular fitness.

- What strengths can you capitalize on to assist you in your Plan and fulfilling your Wish?
- What assets or resources might you consider utilizing?

www.armyresilience.army.mil

Follow us @ArmyResilience  



Provide an example of using the WOOP framework: during deployment.

1. Introduce the example goal set by PFC Anderson's to be pursued during deployment.
 - This goal set by PFC Anderson was for something they wished to accomplish during the deployment.
 - You'll notice that each step is summarized into 3-6 words. This brings more clarity of focus to better promote action.
2. Walk through each step of WOOP and emphasize the sub-step of summarizing each step into 3-6 words.
 - PFC Anderson's Wish is to lower her 2-mile run time by 2 minutes by the end of deployment. To summarize, "2-mile run is 2 minutes faster."
 - PFC Anderson determined that the best Outcome of fulfilling this wish is that it will increase the run score on the ACFT and this will gain more respect from peers. To summarize, "I will feel more respect."

Record your own notes here:



- PFC Anderson identified that the greatest inner Obstacle to fulfilling the Wish is that when situations make it impossible to get in a run, she feels irritated, and does nothing at all. To summarize, PFC Anderson’s inner Obstacle is, “My irritation/inaction in an uncontrollable situation.”
- PFC Anderson’s Plan identifies the obstacle “When I’m irritated and doing nothing in an uncontrollable situation”. Then, PFC Anderson states an action to take when the Obstacle arises: “then I will shift my focus to what I can control, such as doing a high intensity interval training (HIIT) workout to still target my cardiovascular fitness.”

3. Explain that drawing on strengths and resources can support Soldiers in the Plan and, therefore, increase the chances of fulfilling the Wish.

- Drawing on strengths and resources can support you in the Plan and, therefore, increase the chances of fulfilling the Wish.
- **[ASK]** Consider some of the assets and resources we covered earlier, what might PFC Anderson consider utilizing to help carry out the Plan?

[NOTE: Allow for responses.]

4. Transition.

- Now it’s your turn.

Record your own notes here:





PE: WOOP Goal Plan



| | |
|----------|--|
| W | Wish: What is your challenging, yet feasible, Wish? • Choose one specific to the Deployment Cycle |
| | |
| O | Outcome: What is the best Outcome? |
| | |
| O | Obstacle: What is your main inner Obstacle? |
| | |
| P | Plan: What is your when-then Plan? |
| | When... ... then... |

What strengths can you capitalize on to help you achieve your **Wish**?

What assets or resources might you consider utilizing?



www.armyresilience.army.mil

Follow us @ArmyResilience



Practical Exercise: Walk Soldiers through setting their own goal(s) using the WOOP framework.

1. Inform Soldiers of the Practical Exercise involving setting their own goal(s) using the WOOP framework.

- Now we will walk through a Practical Exercise where you will get the chance to create a WOOP goal specific to the deployment cycle.
- For now, just focus on setting one WOOP goal. After walking through this exercise once, you will have gained the know-how to set additional WOOP goals later.

[NOTE: Allow about 1 minute for reflecting on and identifying their response for each step. Check in to be sure the majority have completed each step before moving on to next one. If time allows, ask for a couple of examples throughout the Practical Exercise.]

2. Identify the Wish.

- Take a minute to identify your Wish: What is your challenging, yet feasible, Wish? What would you like to accomplish?
- Then, summarize the Wish into 3-6 words.

Record your own notes here:

[NOTE: Provide participants with the handout "PE: WOOP Goal-Setting" (see Tab I) or encourage participants to record their ideas on a piece of paper, if available. Another option, although it may risk distraction, might be to use the Notes App on a Smart Phone.]



3. Identify the Outcome.

- Take about a minute to identify your Outcome: What is the best Outcome of fulfilling this Wish?
- Then, summarize the Outcome into 3-6 words.

[NOTE: If time allows, ask for examples.]

- Now, take about 30 seconds to visualize experiencing this Outcome. Make the visualization as vivid and real as possible.

4. Identify the Obstacle.

- Take about a minute to identify your greatest inner Obstacle.
- Now, summarize the Obstacle into 3-6 words.

[NOTE: If time allows, ask for examples.]

5. Identify the Plan.

- Take a minute to create your when/then Plan. Select a productive action to take when you experience your Obstacle.

[NOTE: Ask for examples.]

- Now, take about 30 seconds to visualize encountering the Obstacle and then enacting your Plan.
- You might have to try a couple different Plans before you find the Plan that works for you. The great thing about using the WOOP framework is that it only takes a few minutes.

6. Capitalize on assets and resources.

- Consider which assets or resources you can capitalize on to help support your WOOP pursuit.
- **[ASK]** What strengths and/or resources will you capitalize on to help you achieve your goal?

[NOTE: Ask for examples. Encourage Soldiers to offer each other suggestions on which strengths, skills, or resources may be useful to one another according to their WOOP goal.]

7. Transition.

- Mid-tour, check in with your goal progress. Make adjustments to your goal Plan, if needed, or consider setting a new goal Plan to refresh your motivation.

Record your own notes here:





Training Summary



Part 1:
Set Realistic
Expectations

Part 2:
Manage Stress with
Effective Strategies

Part 3:
Utilize Assets &
Resources

Deployment Cycle Resilience Training for Circle of Support

- Pre-Deployment Resilience Training for Circle of Support (Reintegration)
- During Deployment Resilience Training (Online)
 - URL: <https://www.armyresilience.army.mil/ard/R2/circle-of-support-homepage.html>

www.armyresilience.army.mil

Follow us @ArmyResilience  



Summarize the training by reviewing key sections.

[SLIDE BUILDS]

1. Review the main points that were covered during each part of the training.

- We have come to the end of the training. Let's review what we've covered.
- Part 1: Set Realistic Expectations. The aim here was to review the realities of deployment and understand how your expectations and your Thoughts influence your deployment experience. Also, it is realistic to grow personally and professionally from this deployment if you put forth the effort.
- Part 2: Manage Stress with Strategies. This section focused on strengthening personal resilience by managing stress and adversity with effective strategies in order to be physically, mentally, emotionally, and relationally prepared for deployment.
- Lastly, Part 3: Utilize Assets and Resources. It is not enough to just know what assets and resources are available, but it is important to know how you can and will use these resources in order to maintain your resilience and grow as a result of your deployment experience.
- Remember, when you engage in all three parts of this training, you hit the bullseye of resilience.



Record your own notes here:

- Hitting the bullseye of resilience means you set the conditions for greater ability to cope with adversity, adapt to change, learn and recover from setbacks, and grow from the deployment experience.

2. Ask for questions/comments. Correct any misunderstandings that may arise.

- **[ASK]** Does anyone have any questions or comments about today's training?

[NOTE: Be certain to include both veteran deployers and first-time deployers.]

3. Encourage Soldiers to provide information about resilience training options available to those they consider within their Circle of Support.

[CLICK TO ADVANCE]

- As we mentioned at the start of this module, Pre-Deployment Resilience Training for Circle of Support is available for anyone you consider a priority within your support system, such as a Spouse, a significant other, parents, siblings, other Family members, mentors, and/or friends.
- Please make your Circle of Support aware that there is a pre-deployment module available for them and written specifically for them.
- The Circle of Support module resembles the training you have just received, yet places a little more focus upon the relational aspects of the deployment cycle experience.
- By encouraging your Circle of Support to attend, it will provide you with similar knowledge of the things to discuss prior to separation and help strengthen relationships prior to leaving for deployment.
- There is also online training specifically to support your Circle of Support during deployment.

[NOTE: Provide information for Soldiers as to when or how to schedule the on-site training for Circle of Support as well as how to access the "During Deployment for Circle of Support" modules online.]

4. Transition.

- As we conclude our time, I would like for you to take a brief survey to share your feedback on this training.

Record your own notes here:







Survey QR Code



https://wrair.gov1.qualtrics.com/jfe/form/SV_9pBY5X26nOSpCOW

www.armyresilience.army.mil

Follow us @ArmyResilience  



Provide information to complete the post-training survey.

1. Provide information to complete the post-training survey.

- As we are wrapping up our time with this module, the Army Resilience Directorate (ARD) has requested that you take a brief survey to continue improving this training for future use.
- Soldiers and members of their Circle of Support provided feedback in 2018-2019 to the previous version of this training. That feedback was instrumental to ARD in revising and updating the training you just received.
- You have the opportunity now to offer your feedback which will then be used to make a difference for the next group of Soldiers and their Circles of Support.
- On the survey, you will be able to rate the usefulness, relevance, and effectiveness of specific topics as well as let them know specific sustains and improves for the next version.

Record your own notes here:



- While completing the survey is optional, we ask that you remain here so we can conclude the training together as a group.
- Please use the QR code on your phone to access the survey.
- There is an information sheet that lets you know about the evaluation and who to contact if you have questions.
- The survey takes approximately 10 minutes.

2. Ask if participants have any questions; prompt those choosing to complete the survey to begin.

- **[ASK]** Does anyone have any questions?

[NOTE: Allow for and address questions.]

- If you so choose, please complete the survey now.
When everyone is done, we will conclude the training.

*[NOTE: Provide the participants time to take the survey.
When everyone who wants to complete the survey is finished, pull the class together for the conclusion.]*

- Let me leave you with some parting thoughts.

Record your own notes here:





Collective Resilience



**Coming together is the beginning,
Keeping together is progress,
Working together is success.**

www.armyresilience.army.mil

Follow us @ArmyResilience  



Leave Soldiers feeling empowered and in control.

1.

Reinforce that the Soldiers are now even more equipped to face the demands and conquer the challenges of the deployment cycle, but it's up to each individual Soldier to continue to build and maintain their resilience.

- You came into this training with resilience. You were aware of, and perhaps already using, strategies that enabled you to manage stress and cope with adversity in order to maintain connection with the important people in your life and focus on the mission at hand.
- However, through this training, your resilience tools have been further sharpened. You now have better awareness of not only some strategies that can help to strengthen and maintain resilience, but more knowledge about when and how to apply those strategies as well.
- You are now even more equipped to face the demands and conquer the challenges of the deployment cycle, specifically pre-deployment and the deployment itself.
- Remember, the more effort you put into strengthening and maintaining your resilience during pre-deployment and deployment, the better off you will be when it comes time for redeployment and reintegration.
- Implementing the key take-aways from today's training will benefit you down the road.



Record your own notes here:

2. Review the quote on the slide. Encourage Soldiers to think beyond themselves and to appreciate how these strategies can be used to help coach their battle buddies.

[NOTE: Read the quote or have a Soldier read it aloud.]

- Coming together is a beginning, keeping together is progress, and working together is success.
- It is up to you to put the strategies into practice and become proficient in them...not just for your own benefit, but also for your Circle of Support, for your unit, and for your country.
- Furthermore, you are now equipped with strategies to use when coaching and leading others, particularly in challenging times.
- Also, as a unit, you've been given a common language. Common language leads to more unit cohesion, which can lead to greater unit success.

3. Emphasize collective resilience.

- Your unit and the Army are counting on you. *Your* resilience impacts the *unit's* resilience.
- But, you do not have to shoulder the weight of responsibilities on your own. You are a part of a team. And with that comes benefits, such as collective resilience.
- Lean on and capitalize on, the strengths of your battle buddies to your left and right. Seek out resources and help from others before you actually need that help.
- Remember the words of Eleanor Roosevelt, "we shape our lives by the choices we make."
- Choose to be resilient by putting into practice what you have learned or were reminded of here today.

4. Thank the Soldiers for their participation today and encourage them to make the most of their deployment.

- Thank you for your participation today. Please use what you learned or were reminded of here today and make the most of your deployment.
- Thank you for your service.

Record your own notes here:

