

WELLNESS CHECKS:

A QUICK GUIDE FOR SOLDIERS AND LEADERS

This Quick Guide is designed to explain what Wellness Checks are and how Soldiers can get the most out of them.

WHAT ARE WELLNESS CHECKS?

What is a Wellness Check?	<ul style="list-style-type: none">• A Wellness Check is when a Soldier meets and talks with a Military & Family Life Counselor (MFLC).• Wellness Checks last 30-45 minutes and are completed once a year.
What is the goal of a Wellness Check?	The purpose of the session is to support personal resilience, promote personal development, and introduce Soldiers to what counseling is like. Wellness Checks can be a force multiplier, enabling Soldiers and leaders to focus on the mission.
Is it confidential?	Yes. No records of the session are kept—but there are some exceptions to confidentiality related to whether a Soldier intends to break the law or hurt themselves or others. At the start of the session, the MFLC will explain to you what is not confidential.
What is an MFLC?	MFLCs are licensed counselors who are specially trained to address the unique stressors and challenges of military life. They offer Soldiers free, short-term solution-focused counseling. MFLCs are not part of the military's medical system.
What if you're already in counseling?	Even if you are already in counseling, you may take part in a Wellness Check. These Checks can be used to get a sense of other aspects of your life or just provide an opportunity to reflect on how you are doing. These checks are not meant to replace psychological counseling, therapy, or treatment.

WHAT SHOULD YOU EXPECT?

Before the appointment	The Wellness Check is your opportunity to have an open discussion with a trained professional about anything you wish related to your personal well-being. Since initial appointments are only 30-45 minutes, take time beforehand to consider what is most important to you to discuss.
Potential topics for discussion	Think of this time as your chance to reflect, grow, and build resilience. Some topics that might be useful to consider include your relationships, emotional health, family health, work-related stressors, sense of meaning, and personal goals.
This time is for <u>YOU!</u>	You drive the discussion—the more thought and care put into it, the more you will get out of it. The MFLC will guide you along and provide perspective to ensure you leave the session better equipped than when you entered.