



# RESILIENT SOLDIERS

TASK: Teach your Soldiers the importance of dealing with challenges in their lives in adaptable ways.

CONDITIONS: Discussion – Question based

STANDARDS: Understand the importance of Building Soldier Resilience.



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Soldiers are expected to deal with difficult events that will change their lives.

(DISCUSSION) Ask Soldiers what their difficult events/challenges are.

Examples may include: (1) Death of Battle Buddy, (2) physical and emotional challenges of deployment/garrison, (3) separation from Family/Friends, (4) break-up, (5) death of Family member, legal issues, finances, health problems.

Some Soldiers react to these challenges negatively, while many react in very adaptable ways and develop what's called resilience – ***ASK SOLDIERS FOR THEIR DEFINITION OF RESILIENCE AND FOR PERSONAL EXAMPLES...***before you give them **the schoolhouse definition.**

***Resilience is the ability to recover and adapt well from the face of adversity, trauma, illness, changes or misfortunes.***



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Soldier resilience is associated with a combination of factors which include:

Sense of belonging in the troop/unit – capacity to connect with other Soldiers.

Having inner strength for facing adverse conditions.

Having caring, healthy, support relationships within and outside of family.

Positive view of self and capacity to manage strong feelings and Impulses.

**WHAT ARE SOME OTHER FACTORS ASSOCIATED WITH RESILIENCE?**



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The method one Soldier uses to manage difficult events might not work for another – each Soldier will react to difficult events in different ways.

There are many ways to **build resilience**, such as:

Reaching out to unit members – Accepting support from other Soldiers, Family members and friends – Being active in unit activities – Joining support groups/chapel organizations or other groups.

Accepting and ***facing your fears*** – Maintaining ***realistic optimism*** – Believing in your ability to ***survive and function*** – Believing and ***standing on your training!*** knowing you have the ability to ***handle adversity*** – Keep in shape...diet, rest, exercise – **BE WILLING TO ACCESS SOCIAL SUPPORT.**

All of the above strategies are consistent with our **ARMY VALUES.**

**Have Soldiers share personal experiences and how they overcame...what were the strategies they used to recover?**