




AIR FORCE RESILIENCE TRAINING  
VALUES BASED GOALS AND PHYSICAL  
RESILIENCE  
WITH INSHAPE PREVENTION PLUS WELLNESS  
Fairchild AFB, WA


# INSHAPE PREVENTION PLUS WELLNESS BEHAVIOR SURVEY

This survey is designed to assess your wellness level and identify your individual wellness profiles. The accuracy of this assessment is based on how honestly you answer each item, so please answer all questions truthfully. Bubble in the item that best answers each question. There are no right or wrong answers. All of your answers will be kept strictly confidential. Thank you.

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**When you have stress under control,  
how do you feel physically?**

**When you have been exercising and  
taking care of yourself physically,  
how do you feel mentally?**

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# RECIPROCAL RELATIONSHIP BETWEEN PHYSICAL AND EMOTIONAL RESILIENCE

## Mental resilience

- Improved:
  - Focus
  - Performance
  - Energy
  - Memory
  - Mood
- Reduced
  - Depression
  - Anxiety



## Physical resilience

### Lower risk of:

- Coronary Heart Disease
- Hypertension
- Diabetes

**Better immune  
functioning**

**Better cardiovascular  
recovery**

**Better sleep**

# BEST TOOL FOR MAINTAINING HEALTHY BEHAVIORS?

Your choices

**Shortcuts don't  
work**





## Physically active adults:

- tend to feel more energetic
- sleep better
- look and feel more fit



## Regular physical activity:

- enhances mental well-being, self-esteem & confidence
- eases anxiety & mild depression
- reduces your stress level
- let's you work harder & smarter





**Using too much alcohol interferes with creating a physically active lifestyle by:**

- ▶ decreasing your energy level
- ▶ causing feelings of discomfort, fatigue & poor coordination
- ▶ harms your motivation & drive to exercise
- ▶ increasing body fat & slowing physical performance

## Regular vigorous exercise can:

- improve your motivation, self-confidence & discipline
- build physical composure & flexibility
- help you look fit & strong

## Increasing the frequency, duration & intensity of exercise helps:

- burn-off excess fat
- control weight
- give you an athletic look
- promote healthy heart and lungs
- improve aerobic stamina
- keep you looking in-shape





## **USING TOO MUCH ALCOHOL CAN:**

- ✓ **result in weight gain & loss of energy**
- ✓ **result in bouts of feeling depressed & unhappy**
- ✓ **harm your sense of relaxation & peace**
- ✓ **cause embarrassing social moments, damaging your reputation, popularity & success**





## EATING NUTRIENT-DENSE FOODS CAN:

- ❖ improve your energy level
- ❖ prevent chronic disease
- ❖ improve skin tone
- ❖ give you shiny hair
- ❖ promote muscle development
- ❖ improve disposition, self-confidence & personal appeal

**Alcohol adds empty calories to your diet, robbing your body of needed vitamins & minerals.**

**Drinking too much makes it difficult to maintain a fit & active life.**

**Too much alcohol can sap your body of energy needed for sports, school, work & play.**



# FEELING TIRED? HAVING TROUBLE FOCUSING?

Shortcut	Side effects	What your body really needs
Energy Drinks or many caffeinated drinks	<ul style="list-style-type: none"><li>• High blood pressure</li><li>• Rapid heart rate</li><li>• Anxiety</li><li>• Stomach irritation</li><li>• Dehydration</li><li>• Short burst of energy from caffeine and sugar, followed by a steep crash</li><li>• Interrupts sleep</li></ul>	Sleep
Sugary snack	<ul style="list-style-type: none"><li>• Burst of energy, followed by steep crash in energy</li><li>• Obesity and weight gain</li><li>• Mood swings</li></ul>	Protein Complex carbohydrates (whole grains)

# Getting the right amount of sleep each night will:



1. ensure the maximum energy needed to be physically active & fit
2. enhance your ability to think clearly throughout the day & retain facts
3. prevent unnecessary caloric intake
4. help you feel alert, confident & friendly
5. make you look good & feel energetic & motivated



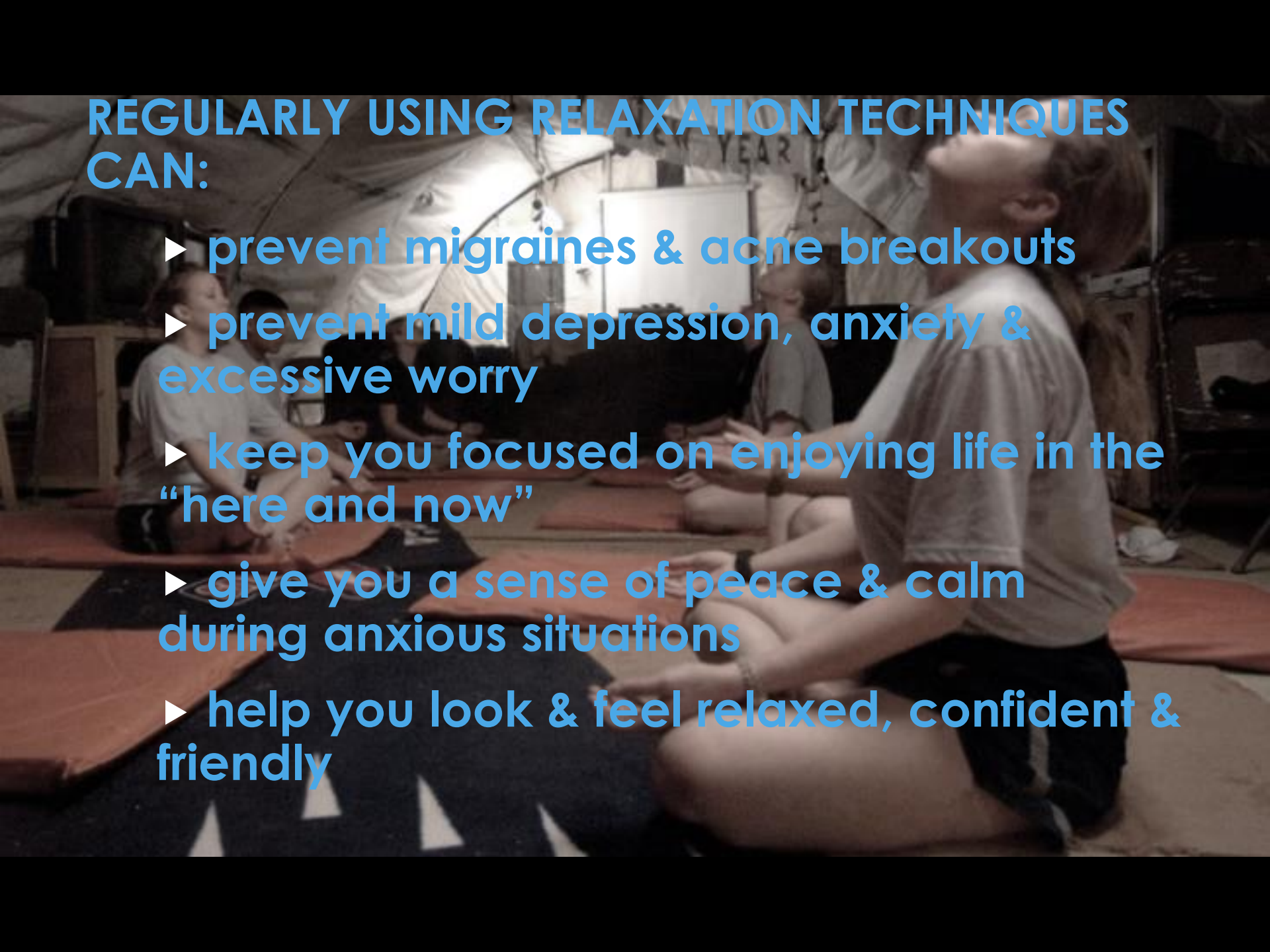


Drinking too much alcohol and smoking cigarettes disrupts deep sleep patterns, causing you to wake-up feeling tired & jittery.

This conflicts with maintaining an active, high-energy lifestyle.

## REGULARLY USING RELAXATION TECHNIQUES CAN:

- ▶ prevent migraines & acne breakouts
- ▶ prevent mild depression, anxiety & excessive worry
- ▶ keep you focused on enjoying life in the “here and now”
- ▶ give you a sense of peace & calm during anxious situations
- ▶ help you look & feel relaxed, confident & friendly





**USING TOO MUCH ALCOHOL CAN AGGRAVATE  
OR EVEN CAUSE STRESSFUL LIFE EVENTS.**

**OVERDRINKING LEADS TO:**

- 1. More worries**
- 2. Unhappiness**
- 3. Other drug use**
- 4. Consequences at work**

**THESE OUTCOMES ROB A PERSON OF  
INNER PEACE, TRANQUILITY & CONFIDENCE.**

## HEAVY DRINKING IS DEFINED AS:

- 4 or more drinks/day for adult females
- 5 or more drinks/day for adult males

*Drinking at or above these limits is considered dangerous.*

## DRINKING TOO MUCH ALCOHOL PUTS YOU AT RISK FOR:

- *embarrassing yourself in front of friends*
- *losing self-control*
- *getting into arguments*
- *being assaulted & assaulting someone*
- *saying & doing things you will later regret*
- *getting sick & into trouble*
- *Losing your job/rank*



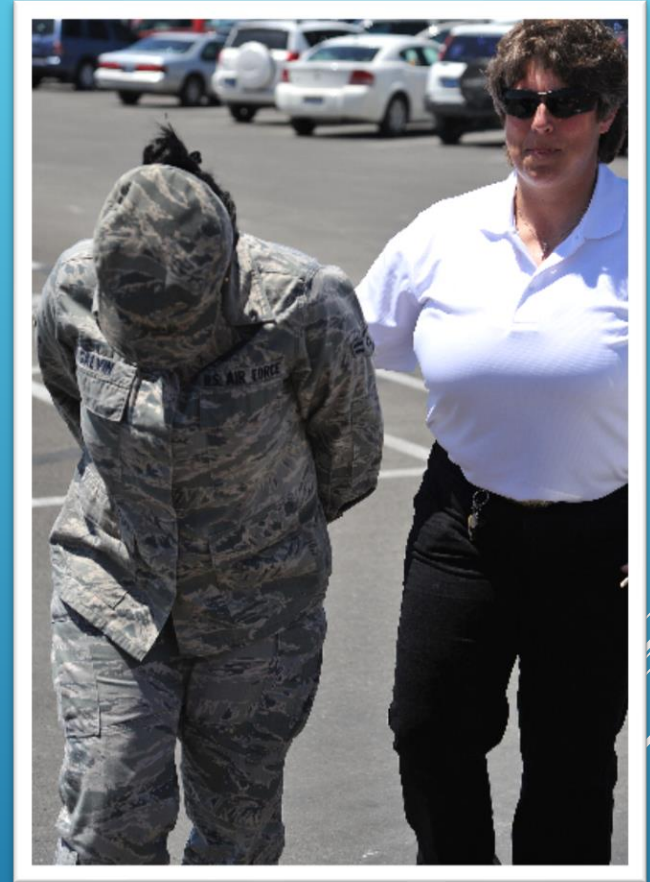


## **HEAVY ALCOHOL DRINKERS ARE SEEN AS:**

- more likely to smoke cigarettes & use drugs
- less attractive than non-heavy drinkers

## **USING TOO MUCH ALCOHOL:**

- \*interferes with achieving important life goals
- \*decreases your energy
- \*clouds your mental focus & processing abilities





# SMOKING CIGARETTES CAN:

- ▶ reduce stamina
- ▶ make you more likely to quit exercise & sports
- ▶ make you appear unattractive to others
- ▶ make you appear unconcerned about your health or appearance
- ▶ may cause you to be viewed as less friendly, considerate or intelligent
- ▶ interfere with maintaining one's weight by making exercise harder






## **Are you...**

- 1. A physically active or sedentary person?**
- 2. An athletic or inactive person?**
- 3. A health-eater or junk food eater?**
- 4. A well-rested or always tired person?**
- 5. A relaxed or anxious person?**
- 6. A heavy or social/non-drinker?**
- 7. A cigarette smoker or non-smoker?**

# WHAT ASPECT OF PHYSICAL RESILIENCE DO YOU WANT TO STRENGTHEN?

- ▶ Are you satisfied with your physical health? What would you like to work on?
    - ▶ Nutrition?
    - ▶ Exercise?
    - ▶ Sleep?
    - ▶ Tobacco Use?
    - ▶ Alcohol Use?
  - ▶ Use values-based goal setting to strengthen your physical resilience
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# DEFINE YOUR VALUES: BEST VERSION OF YOU


- ▶ **Imagine your life in the future.**
  - ▶ What is the best possible life you can imagine?
  - ▶ What do you stand for?
  - ▶ What does that future look like? Be specific.
  - ▶ Think about the life you want to 'live.' Don't focus on material things.

**Don't worry about grammar or spelling  
and**

**just keep writing for at least five minutes**

# INSHAPE PREVENTION PLUS WELLNESS FEEDBACK SURVEY

Directions: Please bubble in the item that best answers each question. There are no right or wrong answers. Please answer honestly. Thank you for your help!

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