

Veteran-Adult Prevention & Wellness Program: Workbook

Designed by Veterans for Veterans

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This workbook and related curriculum were developed and designed for Safe Project through the efforts of Organizational Wellness & Learning Systems (OWLS) and these individuals: Joel Bennett, Aldrich Chan, Cameron Keller, Estefania Lopez, Shelby Pittman, and Jeffrey McQuirk (artist).

Background Information

Introduction. SAFE Project is creating, through funding and support from Wounded Warrior Project® (WWP) and Walmart, a Veteran-Adult Prevention and Wellness Program. The program, which focuses on military veterans and their families who have experienced a substance use disorder or mental health condition, will be designed by veterans for veterans with an emphasis on women. This front-end wellness program aims to promote resilience for post-9/11 veterans (ages 18-65). It will also encourage participants to seek help where there is a risk for substance use, mental health, and co-occurring challenges (e.g., PTSD, MST, TBI, and illness).

Overall Purpose. The overarching and long-term purpose of this project seeks to build compassion, protective social capital, and lines of support through an immersive experiential training, in a psychologically safe training environment (i.e., topics of addiction and help-seeking are destigmatized) within the SAFE Project Communities of Practice. Potential organizational and disseminated outcomes include improvements in individual and team resilience, help-seeking behaviors, positive coping behaviors, awareness of resources, organizational citizenship, retention, and positive work climate. Potential personal outcomes from integrated curricula include decreased stress, improved mental well-being, and reduced stigma associated with mental well-being. The operational goal will be primarily to support positive outcomes for the veteran community.

Workbook Contents. The aim of this workbook is to provide participants with a variety of tools and resources (e.g., exercises, activities, assessments) that can be used throughout the duration of the training program. Each module is accompanied by a set of worksheets that should be completed accordingly, as they pertain to each of the sections outlined within the curriculum. While each exercise or activity corresponds with a particular module segment, keep in mind that these worksheets can be used more than once, should you choose to revisit them in the future (which is encouraged!).

Additionally, please feel free to share the contents of this workbook with fellow veterans in your community (e.g., family, friends, caregivers, veteran organizations, campuses, workplaces, etc.). While all pages are printable, note that some of the material within this booklet has been configured into clickable PDFs, allowing you to interact and engage with the content in a digital format.

Our hope is that you will find this workbook to be a valuable resource to you both during the training program, and in your future endeavors.

The Story Inside This Training...

For every journey in life, at least those that are fulfilling and help us grow, there is always a set of challenges to navigate. Fortunately, based on science and age-old wisdom, there are specific ways to identify, anticipate, and benefit from these challenges. The journey of this course starts at "Base-Camp," where you will begin to identify your key strengths and leadership qualities.

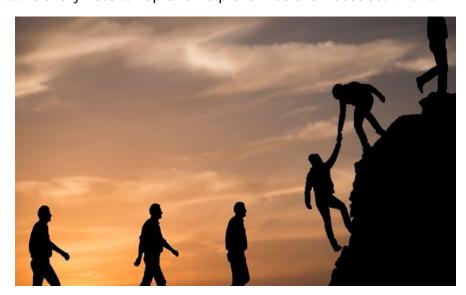
The goal is a place we call "**The Tower of Contribution**." This is where you, as part of the vital community of veterans, give back to society or find ways that you can use your skills to contribute to the improvement of life and society. There are, however, key areas between base-camp and the tower. This includes the "**Range of Emotions**," where you are given a compass to help you deal with emotional ups and downs and the triggers of anger, sadness, anxiety, and other difficult emotions. Next, through "**The Stress Boulder Fields**," you will learn about transforming stress into growth opportunities. A big part of that is "**The Resilience Plateau**," which gives you the perspective needed to identify and navigate those boulders (small and large) in life.

As you move on, you will come to "**Opportunity Lake**," which has many tributaries, rivers, and streams that offer resources for you. You will learn about the many benefits you deserve as a veteran. Eventually, after all your travels, you have a chance to rest at the "**Foothills of Goals**." Here, you will identify what you want in life, particularly as you prepare to make the final ascent to the "**Tower of Contribution**." Setting inspirational goals and sharing them with others is how you can begin to contribute.

Finally, in the "**Tower of Contribution**," you reflect on the veteran community as a whole. Together, with fellow participants, you will address two questions: "What is the long-term dream that will lift every veteran up and help them be their best self?" and

"How can I contribute to that dream?"

We only ask that you enjoy the journey...



JOURNEY OVERVIEW MAP

MODULE 1

BASE-CAMP





Daily Explorer 1: Definition Worksheet

This worksheet (Daily Explorer 1) helps to clarify definitions of key terms used in this training.

Self-Concept:	Personhood:	Wholeness:
our belief about ourselves	the ongoing journey of growth (e.g.,	being or feeling whole,
and our strengths.	self-esteem, freedom, creativity,	healthy, and effective.
	authenticity).	

STEP 1. Review all the positive qualities below and reflect on which ones you identify with.

Energetic	Beautiful	Calm/Serene	Skilled
Loyal	Loving	Spiritual	Kind
Creative	Thankful	Helpful	Hopeful
Team-oriented	Compassionate	Strong	Supportive
Curious	Funny	Confident	Light-hearted
Just & Fair	Brave	Forgiving	Proactive
Open-Minded	Humble	Perservering	Respectful
Inspiring	Resilient	Careful	Genuine
Wise	Disciplined	Real	Self-controlled

STEP 2. Using the above qualities or any other positive character trait, complete the sentences below.

SELF CONCEPT (Reflect on "What is most important right now to you in your life?")

I believe that I am...

PERSONHOOD (Reflect on "What motivates you to keep growing?")

I enjoy learning to become...

WHOLENESS (Reflect on "What makes you feel whole and healthy?")

I am whole, healthy, and ...



Daily Explorer 2: Top Three Strengths

This next daily explorer asks you to focus on three strengths. A strength has these qualities:

- It helps you be your best self.
- You are good at it and you enjoy doing it.
- It supports your personhood and wholeness.
- But most **importantly**, the strength helps you get through stressful times.

STEP 1. Select your top three strengths from the list below. Select ones that play the biggest role in helping you overcome stress and enhance your enjoyment in life. Write them below.

Please note that definitions for each of these strengths are shown on the following pages.

1	2	3	

TRANSCENDENCE					WISDOM
Appreciation of Beauty & Excellence	TEMPERANCE			COURAGE	Creativity
Spirituality	Forgiveness & Mercy	JUSTICE	HUMANITY	Bravery	Curiosity
Gratitude	Humility & Modesty	Citizenship	Love	Persistence	Open-Mindedness
Норе	Prudence	Fairness	Kindness	Integrity	Love of Learning
Humor	Self-Regulation	Leadership	Social Intelligence	Vitality	Perspective

STEP 2. Ask yourself: How do these three strengths support or reinforce each other? Which one of these did you get from your experience in the military? How does that one support the others?

STEP 3. Imagine you are going on a journey to a dangerous place and you can only take one of these with you. Which are you going to choose? Write the one most important strength below.

I		

Strengths: Definitions



Appreciation of Beauty & Excellence

Appreciating beauty, excellences, and/or skilled performance in various life domains



Spirituality

Having coherent beliefs about the higher purpose, the meaning of life and the meaning of the universe



Gratitude

Being aware of and thankful of the good things that happen; taking time to express thanks



Hope

Expecting the best in the future and working to achieve it



Humor

Liking to laugh and tease; bringing smiles to other people; seeing the light side



Forgiveness & Mercy

Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful



Humility & Modesty

Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is



Prudence

Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted



Self-Regulation

Regulating what one feels and does; being disciplined; controlling one's appetites and emotions



Citizenship

Working well as a member of a group or team; being loyal to the group



Fairness

Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others



Leadership

Encouraging a group of which one is a member to get things done and at the same time maintain good relations within the group

Strengths: Definitions Cont.



Love

Valuing close relations with others, in particular those in which sharing and caring are reciprocated



Kindness

Doing favors and good deeds for others



Social Intelligence

Being aware of the motives and feelings of other people and oneself



Bravery

Not shrinking from threat, challenge, difficulty or pain, acting on convictions even if unpopular



Persistence

Finishing what one starts; persisting in a course of action in spite of obstacles



Integrity

Presenting oneself in a genuine way; taking responsibility for one's feeling and actions



Vitality

Appreciating life with excitement and energy; feeling alive and activated



Creativity

Thinking of novel and productive ways to conceptualize and to do things



Curiosity

Taking an interest in ongoing experiences for its own sake; exploring and discovering



Open-Mindedness

Thinking things through and examining them from all sides; weighing all evidence fairly



Love of Learning

Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally



Perspective

Being able to provide wise counsel to others; having ways of looking at the world that makes sense to oneself and to others



Daily Explorer 3: Self-Leadership

Self-Leadership is made up of many qualities. We focus on four in this training.

- 1. You have to be able to **visualize success**. The dream is real in your mind.
- 2. You have to **keep your goals in mind** with a proactive mindset. You can and will do this!
- 3. When the going gets rough you need to **encourage yourself**.
- 4. Challenging times also mean knowing how to not be too hard on yourself. **Self-compassion** saves you time and keeps your mind clear from negativity.

Stan 1	Daview each	statement and	rata	how much you agre	e by choosing low	madium	or high
Step 1.	. Review each	. statement and	rate	now much vou agre	e by choosing low	. mealum.	or nign

L	М	Н	Visualizing Success	L	М	Н	Goals & Proactive Mindset
0	0	0	I can plan to meet challenges before I actually encounter them	0	0	0	I have goals that allow me to use my strengths or cultivate new strengths
0	0	0	I can visualize using my strengths to deal with stress and emotional reactivity	0	0	0	No matter the odds, if I believe in something I know I can achieve it
0	0	0	I see myself as successful in the future	0	0	0	I can be a force for constructive and positive change
L	M	Н	Encouragement	L	М	Н	Compassion
L 0	M 0	H	Encouragement I encourage myself when having to face stressful situations	L	M	H	Compassion I try to be kind to myself when feeling emotional pain or negative self-talk
L 0	M	H	I encourage myself when having	L 0	M	H 0	I try to be kind to myself when feeling

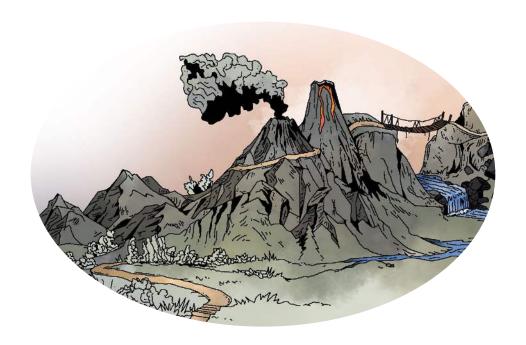
Step 2. Review, in each of the four areas, your number of Lows (L), Mediums (M), and Highs (H).

As you review, note which of the four areas is your top Self-Leadership quality. Which one has the most Mediums or Highs? Is it Visualizing Success, Encouragement, Goals & Proactive Mindset, or Compassion? Or is it more than one of these? **Write in any or all qualities below.**

1	1	1

MODULE 2

NAVIGATING THE RANGE OF EMOTIONS



DESCRIBING YOUR EMOTIONS

<u>Instructions:</u> Review the emotional terms listed below. Take some time to reflect on which emotions cause you to hurt or which you may struggle to verbalize. Are any of these triggers for you?

CONFUSED

ambivalent baffled bewildered dazed hesitant lost mystified perplexed puzzled torn

SAD

depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted
hopeless
melancholy
unhappy
wretched

ANGRY

enraged furious incensed indignant irate livid outraged resentful

YEARNING

envious jealous longing nostalgic pining wistful

FATIGUED

beat
burnt out
depleted
exhausted
lethargic
listless
sleepy
tired
weary
worn out

DISCONNECTED

alienated
aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
removed
uninterested
withdrawn

EMBARRASSED

ashamed chagrined flustered guilty mortified self-conscious

VULNERABLE

fragile guarded helpless insecure leery reserved sensitive shaky

DISQUIET

agitated alarmed discombobulate disconcerted disturbed perturbed rattled restless shocked startled surprised troubled turbulent turmoil uncomfortable uneasy unnerved unsettled upset

ANNOYED

aggravated dismayed disgruntled displeased exasperated frustrated impatient irritated

PAIN

agony
anguishedb
bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

ANNOYED

aggravated dismayed disgruntled displeased exasperated frustrated impatient irritated

AVERSION

animosity appalled contempt disgusted dislike hate horrified hostile repulsed

AFRAID

apprehensive dread foreboding frightened mistrustful panicked petrified scared suspicious terrified wary worried

TENSE

anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed out

QUICK INTRO: PHYSICAL HEALTH AND MOOD

Instructions:

- ✓ Place a checkmark next to the items that you want to change, or you think cause the biggest problem for you at this time.
- ★ Place a star next to the ones that you would be most interested in addressing first (those represent your ideas of what would be most likely to have an impact on your emotional and physical health.

Emotional Health (do you?)	NOTES:
☐ Keep disruptive emotions in check	
□ Pay attention to instead of ignore feelings	
□ Express difficult feelings in respectful ways	
□ Care for how others might feel	
□ Talk with others to help when sad, anxious	
☐ Handle conflict effectively	
Physical Health (do you?)	
□ Eat fruits and vegetables every day	
☐ Avoid or Eat less fatty/fast food	
☐ Drink more water and fewer sugary drinks	
☐ Stop eating at night (after 8 PM)	
☐ Stop eating when upset/anxious	
☐ Stay physically active	
a Stay physically active	

AFFIRMING POSITIVE EMOTIONAL SELF

PART 1. Instructions:

I want you to pick one emotion from this list or the previous to focus on. Feel free to refer back to your first handout containing the emotional terms. The list shown represents a few emotions from each category previously shown. Once you have chosen one, list it on the text box provided.



Emotional Habits or Symptoms

- 1. Angry or irritated
- 2. Lonely
- 3. Tense or anxious
- 4. Overwhelmed
- 5. Restless or upset
- 6. Impatient
- 7. Withdrawn or distant
- 8. Down in the dumps
- 9. Nightmares or flashbacks
- 10. Hopeless or unhappy
- 11. Resentful

- 12. Worried or suspicious
- 13. Ashamed or guilty
- 14. Worthless
- 15. Torn or confused
- 16. Restless or upset
- 17. Worn out or exhausted
- 18. Having pain
- 19. Heartbroken or grieving
- 20. Avoid feelings
- 21. Fragile or sensitive
- 22. Envy or jealousy

i ne biggest emotional nealth nabit or sympto	om I want to reduce or improve is

PART 2. Instructions:

Now, reflect on what emotional habit can you select below to create a positive and affirming feeling?

Example: What emotional habit can you insert below to create a positive and affirming feeling because you feel fragile? The corresponding emotion for fragile would be strong and steady (#21). "I am strong and steady"



Emotional Habits or Symptoms

Note. Each numbered item below is the positive corresponding version of the same numbered item on the previous page.

1. Serene or calm	12. Carefree, trusting
2. Connected, belong	13. Proud, with no regrets
3. Relaxed and cool	14. Worthy and Liked
4. Pace myself	15. Clear-minded, precise
5. Even minded	16. Peaceful
6. Patient	17. Energized, have vitality
7. Reach out, befriend	18. Pleasure (pain control)
8. Uplifts in my life	19. Joyful
9. Good sleep and memory	20. Embrace feelings
10. Hopeful or happy	21. Strong and steady
11. Forgiving	22. Loving and accepting

What emotional habit can you insert below to create a positive and affirming feeling
--

I (am, have, get)

AFFIRMING POSITIVE DAILY ACTIVITIES



Pleasant Activities Checklist

Instructions:

Place a checkmark next to the activities that you <u>currently</u> engage in. As you go through this checklist, reflect on which activities you could easily start practicing.

OUTDOORS

	Taking a walk or hiking					
	Visiting a park or going on a picnic					
	Fishing or hunting					
	Camping or boating					
	Gardening/yard work					
	Playing golf					
	Listening to the sounds of nature					
TAKING CARE OF YOURSELF						
	Getting a haircut					
	Doing a hobby					

☐ Taking a bath
☐ Writing in a journal
AT HOME
☐ Working on a home improvement project
☐ Cooking or baking
☐ Washing or working on the car
☐ Rearranging old furniture or building your own furniture
☐ Collecting things
☐ Playing with a pet
HEALTH AND WELLNESS
Attending a therapy/support group (www.va.gov/directory/guide/vetcenter.asp)
☐ Exercising (ask your doctor for a referral to a local VHA gym)
☐ Cooking a healthy meal
SOCIAL EVENTS OR ACTIVITIES
☐ Visiting family or friends
☐ Going to a party or gathering
☐ Inviting a friend or relative to dinner
☐ Talking with a fellow veteran
EDUCATION, LEARNING, OR ART
☐ Learning something new (musical instrument, language, or skill)
☐ Making art (painting, pottery, writing)
☐ Reading a book, the newspaper, or magazines
☐ Taking an art or computer class

ENTERTAINMENT					
☐ Playing cards or games with friends					
☐ Going to the movies or to a concert					
☐ Going to a musical, play, or comedy show					
☐ Going to a sporting event					
HELPING OTHERS					
☐ Volunteering at the VHA or other places (http://www.volunteer.va.gov)					
☐ Doing charity work or doing favors for others					
☐ Helping or talking to someone					
☐ Giving gifts					
SPIRITUALITY AND RELIGION					
☐ Going to a place of worship					
☐ Attending a religious ceremony or function					
☐ Attending a Bible study group					
☐ Reading religious/spiritual literature					
☐ Praying or meditating					
NOTES:					

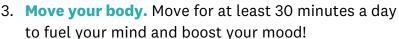
HOW CAN I PRACTICE SELF CARE?

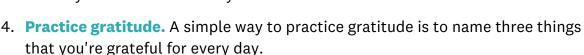
 Appreciate yourself. You are here today and have accomplished so much. Be proud of who you are and take pride in how far you've come.

Self-care

Techniques

 Take a deep breath. Sit down and take a slow, deep breath. Allow the air to come through your nose and move downwards towards your stomach. Let your abdomen expand fully and then breathe out through your mouth. Try this a few times and notice how you feel.





5. **Make time for fun.** Find some time in your daily schedule that you dedicate to doing an activity that makes you happy (e.g., going for a walk, listening to a podcast, calling a friend/family member).

NOTES:		

CALMING DOWN TECHNIQUES

This section contains various scripts that walk you through different calming down techniques. These scripts are structured to be practiced with a partner but can also be done individually.

Please note, these scripts are just samples of ways you can practice these techniques. We encourage you to find more techniques and check out the videos included below.



Positive Outlook: 10 Easy Positive Thinking Exercises You Can Start Today | Astonishing Power Of Positive Thinking (1.5 minutes)

Breathing Techniques: <u>Relieve Stress & Anxiety with Simple Breathing Techniques</u> (1.5 minutes)

Acceptance: <u>Guided Mindfulness Meditation on Acceptance and Letting Go</u> (1.5 minutes)

Framing: Reframing Negative Thought Patterns (3.5 minutes)

Cost-Benefit Analysis: <u>DBT Distress Tolerance #1: Cost Benefit Analysis</u> (1.5 minutes)

Positive Outlook

The script below requires a listener and a speaker who reads slowly and calmly. This exercise takes about 5 minutes.

Speaker Instructions: Face the listener. Read with the intention of supporting the other. Take your time. Only read the phrases in the parentheses to yourself.

Listener Instructions: Be open-minded. Listen. You can keep your eyes closed.

SPEAKER SAYS:

Take a deep breath (speaker pauses for 5 seconds) and prepare to receive positive thoughts you can use in the future. Great. Now, take another deep breath (pause for 5 seconds). Keep that calm breathing throughout this exercise.

Now, imagine yourself in each of these situations doing the suggested activity.

First, Visualize your dreams. Think of a goal you have. One that inspires or motivates you and makes you feel good. This can be a short-term or long-term dream. Imagine you finally achieve that goal. Visualize, sense, feel what you will look like and how you will feel in that fulfilled dream (pause for 10 seconds)

Now, Take deep breaths. Picture yourself some place you like to go in your home or outside. Someplace that relaxes you. Imagine taking a few minutes each day to be alone with some deep breathing just like you are doing now. Use this time to remind yourself to remain positive as you practice this deep breathing exercise. (pause for 10 seconds)

Now, Stop being so hard on yourself! Remind yourself of these words: "Everyone fails at something. But not everyone learns from their failures." Tell yourself that you can remain positive in the face of challenges. Tell yourself that you can transform failures into valuable lessons for growth. (pause for 10 seconds)

Now, List a Gratitude. Right now, think of one thing you are grateful for in your life, no matter how big or small. Hold that thought. Feel gratitude or appreciation, even if it is a small feeling. (pause and count five seconds) Imagine you do this quick gratitude exercise before you go to sleep tonight and when you wake up in the morning. (pause for 10 seconds)

When complete, ask the listener: How was that exercise? (Listen calmly and without judgment). Which one of the four can you see yourself doing?

Breathing Techniques

This next sample is one of 5 calming down techniques. The script below requires a listener and a speaker who reads slowly and calmly. This exercise takes about 2 minutes.

Speaker Instructions: Face the listener. Read with the intention of supporting the other. Take your time. Only read the phrases in the parentheses to yourself.

Listener Instructions: Be open-minded. Listen. You can keep your eyes closed.

SPEAKER SAYS:

Get in a comfortable position and relax. We will be doing box breathing. Imagine a box, for our first exercise I will use my finger to help you visualize this box.

Imagine you're starting at the bottom right corner of this box, as you breathe in you will move up to the top right corner and then continue tracing the outline of this box. Let's begin. (Speaker uses their finger to help the listener visualize this box.)

Breathe in, up, 1, 2, 3, 4. Now hold it, and move left, 1, 2, 3, 4. Breathe out, and move down, 1, 2, 3, 4. Hold it again, and move right, 1, 2, 3, 4.

Now, we will do it one more time.

Breathe in, 1, 2, 3, 4. Hold it, 1, 2, 3, 4. Breathe out, 1, 2, 3, 4. Hold it, 1, 2, 3, 4.

Now, take some time to do this on your own. Relax. Close your eyes and I will repeat the instructions. Feel free to use your own finger to trace. Ready?

Breathe in, 1, 2, 3, 4. Hold it, 1, 2, 3, 4. Breathe out, 1, 2, 3, 4. Hold it, 1, 2, 3, 4.

And again.

Breathe in, 1, 2, 3, 4. Hold it, 1, 2, 3, 4. Breathe out, 1, 2, 3, 4. Hold it, 1, 2, 3, 4.

When complete: Let the listener provide feedback and modify the seconds if needed.

Overcoming Negative Thoughts Through Reframing

The script below requires a participant and a speaker who reads slowly and calmly. This exercise takes about 5 minutes.

Speaker Instructions: Face the listener. Read with the intention of supporting the other. Take your time. Only read the phrases in the parentheses to yourself.

Participant Instructions: Be open-minded. Listen.

SPEAKER SAYS:

Take a deep breath (speaker pauses for 5 seconds) and prepare to receive techniques you can use to overcome negative thoughts.

First, surround yourself with positive people. When you're stuck in a negative spiral, try to talk to people who can put things into perspective and won't feed your negative thinking. Who is someone in your life that can help you to think more positively? (pause for 10 seconds and allow participant to respond)

Secondly, write down your negative thought. Writing or drawing the negative thought that you have and then ripping it up, crushing it into a ball, or scribbling all over it is a way of diminishing and destroying the power that the thoughts can have. (if time permits, provide participant with a writing utensil and a piece of paper and have them practice this technique now)

Thirdly, you might want to help somebody. Take the focus away from you and do something nice for another person. This can help us to be distracted from our negative thinking. (pause and ask the participant to provide an example of an action they would be willing to do for someone else that month)

Next, list five things you are grateful for right now. Being grateful can help us appreciate what we already have. Here are some things on my list. (list five things you are grateful for and then ask the participant to do the same)

Perhaps read some positive quotes. You can download quotes from the internet and then put them on post-it notes around your room as reminders to stay positive.

Most of all, be kind to yourself and remember that there are things you can do to help yourself when you get stuck in negative thinking.

<u>When complete, ask the listener</u>: How was that exercise? (Listen calmly and without judgment). Then ask, Which one of these techniques can you see yourself doing regularly in the future?

Cost-Benefit Analysis: Video Script

This next sample is one of 5 calming down techniques. The script below requires a participant and a speaker who reads slowly and calmly. This exercise takes about 5 minutes.

Speaker Instructions: Face the listener. Read with the intention of supporting the other. Take your time. Only read the phrases in the parentheses to yourself.

Participant Instructions: Be open-minded. Listen.

SPEAKER SAYS.

In this exercise, we will be covering the cost-benefit analysis method to calming down.

In this exercise, emphasis is placed on trying to change a particular pattern of behavior that might be causing more harm to you than good. This can be applied to many things, but for the sake of this sample let's just focus on just one way it's applied. So as an example, let's say you are prone to outbursts of anger and frustration in response to certain triggers you experience in your life.

First, we will assess the costs of this behavior. What is it costing you when you keep engaging in this pattern of outburst? (Pause for 10 seconds to allow one or two participants to respond.)

Next, we will assess the benefits of this behavior. In these kinds of exercises, these benefits are often short term, but are harmful in the long run. For anger, what do you think are some of the benefits to engaging in those outbursts? (Pause for 10 seconds to allow one or two participants to respond.)

After this we assess the costs of changing the behavior. What does it cost to change your anger outburst response to those triggers? (Pause for 10 seconds to allow one or two participants to respond) (if nobody responds, provide an example, such as, "Does it mean you have to bottle up your anger?")

Finally, we will assess the benefits of changing the behavior. How do you think changing this pattern of behavior and reducing your outbursts of anger will benefit you? (Pause for 10 seconds to allow one or two participants to respond)

This cost-benefit analysis can be used in the moment to help you calm down and overcome a variety of behaviors and emotional states, such as anger, anxiety, and panic. It may seem basic, but it can act as an effective form of meditation over your emotional state and how you respond to it, allowing you to be more in control over how you feel or act in the moment.

KNOWING ONE'S LIMITS



1.	Review your habit or symptom that you selected at the beginning.
2.	Which resources did you just highlight? Will these work?
3.	What are your limits?

a. What situations might you find yourself where these will not work?

4.	Why is it important to know these limits?			
5.	Where can you get help in these situations?			

EMPOWERED HEALTH CONSCIOUSNESS WORKSHEET

The purpose of this worksheet is to help you create a positive statement or intention to build health consciousness. This form has five steps. The final step (Step 5) is a statement that you read out loud. This is a fillable form with bullet points you should select by clicking and writing in responses. Step 5 (Integrate) also shows your responses that you click and integrates them into the final statement. Completing each of the previous four steps fills in Step 5.

STEP 1. IDENTIFY THE TRIGGER

•	<u> </u>	gers" caused you to weaken in out, lost presence)? [Check one			
☐ Pain ☐ Drowsiness ☐ Weight Concern	☐ Anxiety ☐ Fatigue/Need Energy ☐ Relationship (Conflict);	☐ Tension ☐ Distracted ☐ Negative Thinking			
Too Much: Caffeine	☐ Sugar/Fat ☐Alcohol 	☐ Work			
STEP 2. CONTEMPLATE AND INVIGORATE YOUR HEALTH CONSCIOUSNESS RESOURCES					

From the two categories below, select ALL those you can right now feel you can get in

touch with.

Empowered Health Consciousness (EHC)		Dimensions: I am strong in Well-Being		
	Self-awareness: I attend to my health		Physical (diet, exercise, rest)	
	Self-responsibility: I take care of my health	□ Intellectual (curiosity, learning, creativity		
	Health motivation: I want to be healthy	☐ Emotional (calm, centered, attuned)		
	Information effort: I get needed information		Social (friends, support, affection)	
	Consumer awareness: I discern what's best		Occupational & Financial	
	Mind-body practice: I have daily practice		Spiritual (meaning, purpose, gratitude)	

STEP 3. RISK AND BENEFITS OF CHOOSING "LESS EFFECTIVE" BEHAVIOR

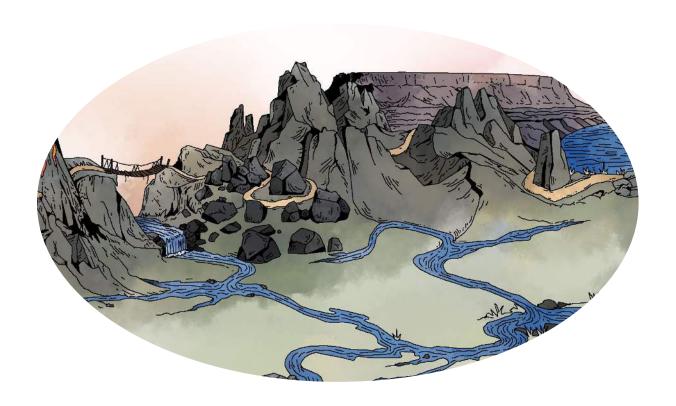
In response to the trigger identified in Step 1, have you taken any "less effective" action. For example, ignoring, avoiding, stomaching, tolerating, unprescribed Rx use; unhealthy unwinding with drugs, alcohol, shopping, eating, media/phone, television; self-shame; victim; drama; rage; collapse; wall off; hide.

[0] Not at All	[1] A little	[2] Some	[3] A lot					
If you Selected [1] [2] or [3] above, please write in the benefits of choosing the action:								
STEP 4. COMMIT TO HEALTHY ALTERNATIVE OR SPECIFIC ACTION TO SUPPORT EHC OR A WELL-BEING DIMENSION								
Below are examples of different healthy alternatives. Select at least one that you will do in the next 24 hours. Reflect on the trigger above in Step 1. Select one that will help prevent or address the trigger.								
☐ Walk	☐ Medita	te 🔲	Garden					
Cook/Bake	Read		Music					
Pray	Reach	Out to Friend						
☐ Playing	□ Volunte	eer 🗌	Nature					
Random Act of Kin	dness Massa	ge						
Water	Rest		Yoga, Tai Chi, Qi gong					
Hobby	☐ Get He	lp 🗌	Essential Oil					
Other								

STEP 5. INTEGRATE - Read these words out loud (take a moment to center into your heart space)

"Today, I choose to stand above and outside the triggers that happen in my life. I have (read all the items checked in STEP 2 above). If and when I choose a less effective action (reflect on your response to STEP <u>3 above</u>) I respond by being kind and compassionate to myself. It is all good as I am growing in health consciousness on a daily basis. In fact, I now commit to (read the one item checked in Step 4). I truly enjoy waking up to my own well-being. I like taking corrective action. I value staying conscious. I readily embrace ongoing healthy lifestyle change. And, in all of this, I play my part as a responsible human being. My own health behaviors have a positive ripple effect. Knowing this, I am filled with energy, motivation, and compassion in my exciting wellness journey.

MODULE 3 THE STRESS BOULDER FIELDS & RESILIENCE PLATEAU



The state of the s				
Your Bo			nama de Ladio	医性性性
Evaluation Poir	1t # 1			
			AC	
Current Stressors	Early Warning Signs?	4	Ways	of Coping
	physical, emotional, spiritual, social, cognitive		*please focus here* Effective	Ineffective (addictive)
		⊢		
		E 7		
		A G		
		N N N		
		O N		
		× ×		ı
	Triggers?	Ë	Later Wa	rning Signs
	Confirmed Cod Angree Version	Z		he past month?
	Confused Sad Angry Yearning Fatigued Pain Disconnected	I D E	☐ Crying a lot ☐ "Shutting down"	☐ Fighting w/family, friends, coworkers
	Tense Embarrassed Afraid Vulnerable Disquiet Aversion		☐ Uncontrolled anger	☐ Unwanted, recurrent
	Annoyed		☐ Change in sleep habits☐ Change in eating habits	memories of past trauma Feeling numb, detached
			☐ Increased use of	from people, activities,
			alcohol/other drugs	or surroundings
		t Un	addressed \rightarrow Work Beh	aviors ←
ı	☐ Less Engaged ☐ Less Coop☐ Withdrawal ☐ Depresse			□ Burnout □ Social Loafing
	Do you know ways to reach	out	and get help?	_
☐ Family, Community,				
☐ Local Therapy, Supp☐ Veteran Support (V	, , ,			
☐ App Store (Mindfuln				
☐ Treatment/Therapis				·
☐ Workplace Benefits	(EAP):			
What Action Do You Need to Take?				
32 P a g e				



In the last week, which statement below best describes your typical response or attitude toward stress? Mark a number from 1 to 10 that best describes how you generally respond.

10 I look forward to each new day and the challenges it may bring

9

I bounce back and learn from the stress, it's less difficult the next time it comes up

7

6 I use healthy habits when stressed (e.g., exercise, hobby, meditation, prayer, sports)

5

I feel like I am just "getting by" for now

3

I unwind with alcohol, use drugs, or resort to some
 addictive tendency (pornography, gambling, sugar)

Thriving

Resilience

Healthy Coping

Adapting

Tension Release

As you consider your rating, reflect on these questions:

- ☐ Where do you like to "hang out"?
- $\hfill \square$ What do you settle for (that keeps you stuck at one level)?
- ☐ How can you lift your "Set point?" (move from adapting to thriving)

Set-Point: A fixed range of happiness or well-being that we tend to stay within or return to after positive and negative experiences. This range refers to our general level of awareness and our proactive ability to respond effectively to stressors, triggers, and warning signs. The meaning of "set" also refers to our settled way of doing things (routines, habits) and what we tolerate, put up with, stomach, or push through. (Definition adapted from "Raw Coping Power: From Stress to Thriving" by Dr. Joel Bennett).



Listening, with presence, is a simple and free stress reliever. When we accept and pay attention to what helps others deal with stress, we contribute to them and to ourselves. You never know when a small gesture of attentiveness can make a great difference in the life of another.

STEP 1. In this next exercise, one partner just listens for to the speaker's response to these questions

What factors do you have in your life that are helping you learn, grow, evolve right now?

What do you need to do to prompt, catalyze, or nurture the evolutionary shift?

STEP 2. As a listener, select at least one resource from any of the three groups that you feel good about helping you EVOLVE past the stress in your life (get you to the next level, raise your set-point)

My Strengths

Transcendence: □ beauty □ excellence □ spirituality □ gratitude □ hope □ humor

Temperance: □ self-control □ forgiveness □ humility □ prudence

Justice: □ citizenship □ fairness □ leadership

Humanity: □ love □ kindness □ social intelligence

Courage: □ bravery □ persistence □ integrity □ vitality

Wisdom: □ creativity □ curiosity □ openmindedness □ love of earning □ perspective

Self-Leadership

Visualizing Success □ plan to meet challenges □ Can see my strengths will address stress □ see myself successful

Goals/Proactive Mindset: ☐ my goals allow me to use strengths ☐ I can achieve what I set out to ☐ I can change things

Encouragement: ☐ I encourage myself when facing stress ☐ I talk myself through difficult emotions

Compassion: □ I am kind to myself when I have negative self-talk □ Difficulties are part of life that we all go through

Emotion Navigator

Affirming Self: Select emotional habits that create a positive feeling

Positive Dally Activities: □ Outdoors □ At Home □ Self-Care □ Health & Wellness □ Social □ Education □ Learning □ Art □ Entertainment □ Help Others □ Spiritual

Self-Care Techniques □ Breathing □ Moving □ Gratitude □ Fun

Calming Techniques □ Positive Outlook □ Acceptance □ Framing □ Cost-Benefit List

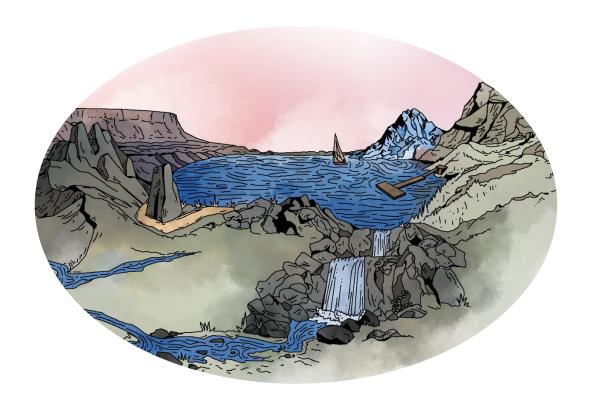
Knowing One's Limits: Know situations where above might not work

Working with Triggers: Identify Trigger \Rightarrow Commit to Healthy Alternative \Rightarrow Integrate

STEP 3. Tell your partner about that strength, resource or activity:

- Describe what it is. What do you actually do?
- Explain how it makes you think or feel differently.
- Explain how, by doing it, you will be able to overcome the challenge.
- Thank you partner for listening and switch (Start at Step 1 again).

MODULE 4OPPORTUNITY LAKE





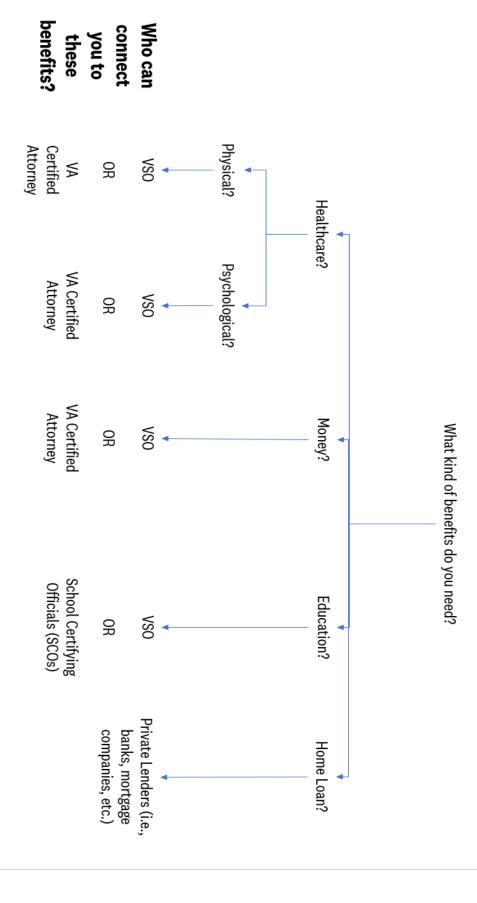
Instructions: As we go through this module, please take some time to reflect on the questions provided for each topic below. These questions will help you decide which benefits will be of the most use to you. Then, if relevant, please complete the ACTION STEP. You may also refer to a resource guide provided to you along with this workbook. That guide contains a list of many different resources that can help you with your action step.

	1) Veteran Service Officers (VSO): A VA representative whose role inavigate and file for their benefits	s to help vete	rans
•	Do you feel confident in knowing what the VSO can do for you?	□Yes	□ No
•	Is there some specific need they can help you with?	□Yes	□No
•	What about for the long-term?	□Yes	□No
•	Do you feel that there is anything else that you need to know?	□Yes	□No
AC	TION STEP:		
	2) VA Accredited Attorneys: An attorney who knows the laws on rig veterans and can advocate for veterans in pursuing their benefits.	ghts and eligit	oility fo
•	Do you feel confident in knowing what the Attorney can do for you	□Yes	□No
•	Is there some specific need they can help you with?	□Yes	□No
•	What about for the long-term?	□Yes	□No
•	Do you feel that there is anything else that you need to know?	□Yes	□No
۸C	TION STED:		

3) eBenefits: A web portal designed to help veterans manage and navigoresources and claims.	gate their	
		□ Na
Do you feel confident in knowing what services eBenefits provides?	□ Yes	□ No
 Do you feel like you know how to navigate eBenefits in order to pursue you benefits? 	r □ Yes	□ No
 Do you see yourself taking advantage of these benefits in the future? 	□ Yes	□No
 Do you feel that there is anything else that you need to know? 	□ Yes	\square No
ACTION STEP:		
 4) Compensation Benefits: Benefits designed to financially support vet notably veterans who have experienced one or more disabilities as a res service. Do you feel confident in knowing what compensation benefits are available for you? Is there a specific benefit that is particularly relevant to you now or in the near future? What about for the long-term? 	ult of their Yes Yes	□ No □ No
 Do you feel that there is anything else that you need to know? 	□ Yes	□ No
5) Educational Benefits: Benefits designed to financially support veter	rans who a	re
pursuing a higher-level education.	ans wno a	
 Do you feel confident in knowing what educational benefits are available for you? 	□ Yes	□ No
• Is there a specific benefit that is particularly relevant to you now or in the near future?	□Yes	□No
Do you see yourself taking advantage of these benefits?	□Yes	□No
 Do you feel that there is anything else that you need to know? 	□ Yes	□No
ACTION STEP:		

6) VA Home Loan Program: Benefits provided by banks and mortgage of can reduce the interest rates on house loans for veterans.	ompanies	s that
• Do you feel confident in knowing what home loan benefits are available for you?	□Yes	□No
• Do you feel like you know where to go in order to pursue these benefits?	□ Yes	□No
• Do you see yourself taking advantage of these benefits in the future?	□ Yes	□No
Do you feel that there is anything else that you need to know?	□ Yes	□No
7) State Level Benefits: Additional state-specific benefits and resource reduced property taxes to down payment assistance programs.	s ranging	from
 Do you feel confident in knowing what state-level benefits entail? 	□ Yes	□No
 Do you feel like you know where to go in order to pursue these benefits? 	□ Yes	□ No
• Do you see yourself taking advantage of these benefits in the future?	□Yes	□No
• Do you feel that there is anything else that you need to know?	□ Yes	□No
ACTION STEP:		

Benefits Flowchart



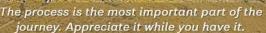
get the assistance you need. VA Certified Attorneys can also legally represent you in cases to fight for your benefits. benefits. You can go about processing this work alone, but people will help you with the paperwork and ensuring that you *VSO, VA Certified Attorneys, and SCOs are advocates. Their role is to help you with your paperwork and finding your

MODULE 5 THE FOOTHILLS OF GOALS











Outcomes

Life is a process. We are a process. The universe is a process. — Anne Wilson Schaef

Life is a process. Improve the quality of the process and you improve the quality of life itself. — Moshe Feldenkrais

Orientation. Review what's important from the ideas you learned today. What do you want to take with you? Frame this goal as a positive desire. Reflect on What you Really Want. Next, imagine what happens when you achieve that goal. Visualize, sense, and feel all the details. You know life is a process. So, Anticipate the Challenge. Identify any emotional trigger, stressor, warning sign, or barrier to getting what you want. Recognize that you now have tools and resources. Visualize **Calling on a Resource** to address the challenge. This could be any strength, your self-leadership, a way to navigate emotions, your raw coping power, your evaluation and evolving from stress (The SECRET), and any and all opportunities and resources provided by the Veterans Administration or any state or local resource or ally. Finally, make a Commitment (place a flag in the stone): What is your first step? Be as specific as possible.

STEP 1. Your Desire: What Domain of Your Life Holds a Positive Dream of the Future for You? Relationships Physical Health Emotional Health Financial Career/Work I want: __, I have: __, I enjoy: __, I accomplish: __ Imagine, Visualize, Sense What You Want to Happen STEP 2. Fill in the Details What **inspiring** What strength

Process

surroundings?	you?	you doing?	outcome is unfolding?	feeling?	or tool did you use?
STED 2 Anticipate	a tha Challanga				

Admit that you know where you can slip-up, get triggered, lose balance. Describe the challenge.

STEP 4. Draw on a Resource. Review Step 2 above. Imagine the inspired outcome, the feeling, the strength. What, if anything, is an external resource you might need from Opportunity Lake?

STEP 5. Make a Commitment. What is your next and first step? Describe the specific action. When will you do it? How often will you do it? When and how often until what happens? Describe that outcome.

MODULE 6 THE TOWER OF CONTRIBUTION



FROM STIGMA TO CONNECTION

STEP 1. Knowing the Risks

Imagine you suspect or know that someone is suffering or at-risk for any type of mental health or addiction problem. What are the risks of?

Saying or D	oing Nothing	Responding (Approachi	ng: Say or Do Something)

The Move from Stigma through Tolerance to Responding

Judge	Ignore	Approach
Exclude	Minimize	Listen
Shun	Rationalize	Connect
Reject ——	→ Deny	Support

Step 2. Have a Response Mind-set

You Can Respond	You Have Resources	This is Part of Your Journey
List the ways that you can,	List resources, referrals,	Reflect on your journey: What
could, or have responded to	benefits you have or could use	strengths, resilience factors,
others	when responding	emotions, goals help you respond effectively?
		respond effectively?

From Connection to A Culture of Community

STEP 1. Make Room for the Dream to Come

ightarrow Get a concrete vision of the future ightarrow Boost expectations of positive possibilities

STEP 2. Get Excited

What might be? Tell a story that brings out the best in and also energize everyone. Use imagination, invite perspective-taking, encourage compassion and empathy. How will you contribute positively to the dream unfolding? How will that excite others?

STEP 3. Refine as You Develop the Dream (Brainstorm, No Wrong Answers)

 What does the environment look like? What are people doing? What are you doing? What is happening? What steps engage What difference do you see and feel? Who is with you in celebration? How does celebrating help others? 	 What does the environment look like? What are people doing? What are you doing? What is happening? What is happening? What else do we need to do? What steps engage What difference do you see and feel? Who is with you in celebration? How does celebrating help others?