

# *Resilience and Risk Reduction*

## **Comprehensive Resilience Module**

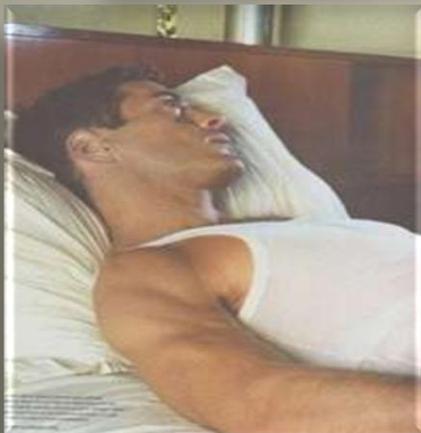
### **“Hunt The Good Stuff”**



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# Hunt The Good Stuff

- We can have 99 positive things happen but it's that one bad thing that sticks with us...and we can't seem to let it go.
- "Pick up the pace, you're lagging behind!"



Every Soldier has both good and bad things happen daily, and positive and negative experiences



we have a tendency to ignore or pay less attention to the positive things, and really dwell on the negative



Most of us have an imbalanced view of reality, one that ignores beauty and blessings and diminishes hope

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# “What Does It Mean To Hunt The Good Stuff”?

- We are taught to predict consequences, mitigate risk, and protect one another.

- Our instinct to survive almost forces us to remember failures more than successes

We spend time thinking about correcting something wrong, worrying about something, or replaying a failure or setback, than noticing and enjoying what has gone right.

We learn to analyze bad events more thoroughly than good events; and when we fail, we tend to think particularly hard about it.

As Soldiers, we are particularly vulnerable to this because we often see the harsh reality that we work so hard to protect our country from.

When we ignore the good stuff, not only does our quality of life suffer, but our total fitness is decreased.”

- We are less optimistic, and less satisfied with life, in general, when we only focus on the negative and ignore the positive.

- Most civilians don't have a clue what we witness and experience

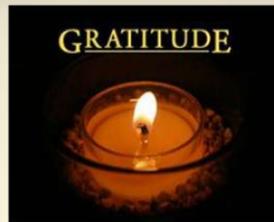


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# How We Hunt The Good Stuff

**Taking time to recognize the positive experiences we have:**

- Enhances our gratitude and positivity
- ☐ **Intentionally think about:**
  - Why events go well
  - What the positive events means to us
  - How we can create circumstances that enable more good things to occur
- ☐ **As a result**
  - We become conscious of positive experiences or blessings
  - We teach ourselves to be optimistic about the future
  - We remember that we are not alone and that life has real meaning
- ☐ **What qualifies as a good thing?**
  - Big or small event or milestone (breathing in the morning air)
  - Any area of your life
  - Something about you or another person
  - Can be about nature



**“We all value different things; a good thing for you may be different for your buddy.”**

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# Why We Hunt The Good Stuff



**Builds  
positive  
emotions**

- It is important to develop confident independence and self-sustaining strength
- We will always be interconnected with our community
- Feeling part of something and having a deep connection to others is critical to resilience
- Gives a sense of meaning and purpose, keeps your support strong.

**Counteracts  
negative bias**

**Leads to better  
overall health,  
better sleep,  
and feeling  
calm**

**Helps us build  
connections to  
other**

**Forces us to focus on  
the world and our  
relationship to it**



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# When We Don't Feel Gratitude

- **Gratitude is the experience of noticing and appreciating something we have received and expressing thanks for that thing. Many people like to think of that thing as a “blessing”.**



GRATITUDE

It is an emotion and an attitude that begins with recognition

Many times when we don't take time to notice the good things around us

Actively hunting for good things realigns our perception

Reminds us the world does not revolve around our most pressing problem



**We can actually say “thank you” if we want to... be it to our families, our friends, our fellow soldiers, our God, or the stranger on the street.**

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# Good Stuff Activity

- A Good Stuff Activity is to overcome the negativity bias, and build gratitude and life satisfaction

## Task:

- Write 3 Good things that happened today

## Analyze

- Why events go well
- What the positive events mean to us
- How we can create circumstances that enable more good things to occur

## Result:

- We heighten our optimism and overall well-being.



## Examples:

*I passed my PT Test!  
I appreciated Sam's , help.*

*The moon was huge tonight!  
I thought about my family.*



*I volunteers to go and help out at the local orphanage!  
To see the smiles on those kids faces... is amazing.*



# Good Stuff Activity



Take a few minutes and write three good things from the day.

They can be small or large, things that happened to you or that you witnessed in others, or in nature.

Next to each positive event that you list, write a reflection (at least one sentence) on any of the topics below:

- Why this good thing happened
- What this good thing means to you
- What you can do tomorrow to enable more of this good thing
- Ways others contribute to this good thing



# Reflection



After completing the Good Stuff Activity, take a moment to reflect on these questions:

- How did recording your good things affect your emotions, how engaged you felt, and your sense of meaning?
- How did recording your good things affect how you interacted with others? How you treated yourself?
- What did you learn by writing about the good things?
- How much do you think you will share or discuss the good things you wrote about with others? In the next few weeks, notice what you chose to share, with whom you share, and how it feels for you to share your good things with others?
- How would you apply this exercise in the Guard or in your civilian job? With individuals? With groups? With Family?



# Take Away

- We know that even the word Spirituality means many things to many people.

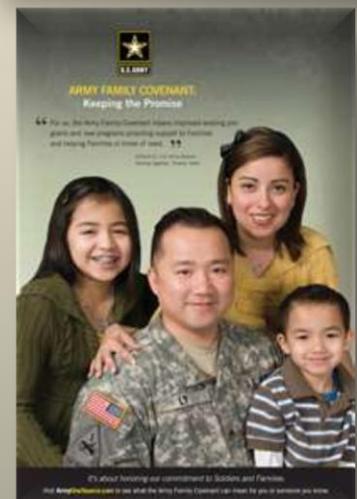


Your take away from this module is 3 fold.

People tend to over-emphasize the negative.

Take the time to notice the good things around you.

Write down the Good Stuff that happens to you 3 times a week for at least 2 weeks.



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