

Resilience And Risk Reduction

Comprehensive Resilience Module

Spiritual Dimension “Meditation”

Building a Resilient and Ready Force

Meditation Overview

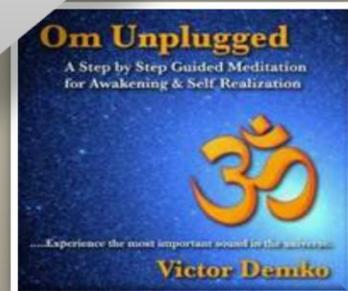


There are many types of meditation that can help you develop your human spirit and build different

Learning about the importance of spiritual fitness and the unique forms can help you better your quality of life



Building a Resilient and Ready Force



The Role Of Contemplation And Meditation In The Military

- ❑ With difficult stressors, warriors can have trouble keeping the motivation and responsibility to accomplish their mission.

This can put you in many difficult and stressful situations



Stress can include being away from home and family, In a foreign country, Undergoing intensive physical and mental training

- ❑ You need some way to re-connect to core aspects of yourself to maintain the motivation, discipline, and courage to serve

Experiencing conflict, being deployed to combat situations, or seeing a buddy get hurt or killed in action



You have to put all of yourself into your training and service

Army National Guard Soldiers are charged with the responsibility of protecting and defending the United States of America



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What is Contemplation

□ ***Contemplation is one way to maintain connections to your human spirit and core values.***

At its most basic, contemplation means “to consider something with attention.”



This can refer to thinking, journaling, reading, writing, or whatever allows you to focus your attention on one aspect of your environment or life



Contemplation is a way of getting in touch with and strengthening our human spirit.

We focus our attention in a specific way instead of being distracted



Helps us draw on our strengths and remember our highest values in everyday life during stress

Contemplation allows us to shift gears and get in touch with greater meaning and purpose

Contemplation can focus inward or outward

There are many forms of contemplation. One of the most common is meditation



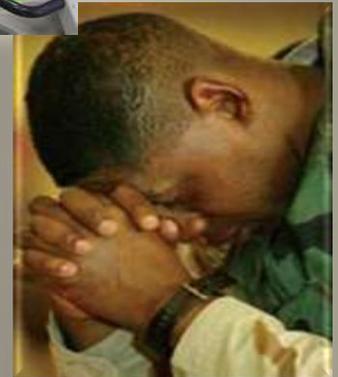
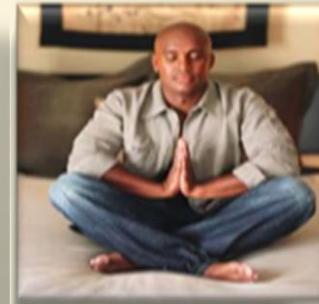
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Common Questions and Misconceptions

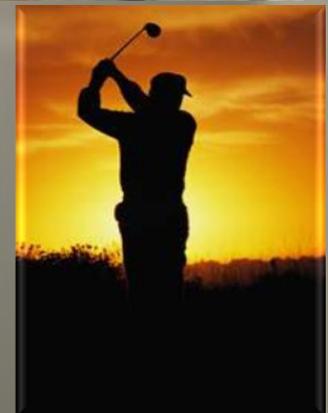
- ❑ Concern One
 - **“Meditation is not part of my belief system –I cannot meditate.”**
 - Meditation is useful for dealing with stress and improving well-being
 - People from many different traditions and philosophies
 - Meditation itself is not a religious practice or affiliated with any specific religious group
 - Resiliency and fitness centers offer meditative training
 - Meditation helps strengthen the human spirit



- ❑ Concern Two
 - **“I don’t see the point in sitting around repeating a word or observing my breath!”**
 - Meditation is about much more than “sitting around”
 - Helps you understand yourself better, stay focused
 - Thought patterns and emotions
 - Your thoughts and feelings are constantly changing.
 - Meditation helps you gradually get better at responding in positive ways



- ❑ Concern Three
 - **“Only hippies meditate!”**
 - A centuries old practice
 - Many groups encourage meditation
 - People from all walks of life, including Soldiers , benefit from meditation
 - Doctors and therapists recommend meditation



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Why Meditate

Definition: Meditation is to engage in contemplation or reflection.



- This can be you alone with your thoughts
- Concentrating on your breathing
- Repeating a mantra over and over



Why they should learn to meditate

- It can be easy to lose touch with important aspects of your core self and your most basic values
- It can provide a resource to get you back in touch with what matters
- It can renew and invigorate you and help eliminate distractions



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Benefits of Meditation



By regularly practicing meditation you can become more aware of subtle aspects of your environment.

Gaining New Perspective:

- Help you appreciate the values your service stands for
- Allow you to enjoy the positive aspects of your job and the people you work with
- Help you become more resilient when facing difficult situations



U.S. military Incorporates meditation into their training to help recruits deal with combat stress.

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Recent Studies on Meditation

- ❑ *Many studies have shown that meditation is beneficial to a number of different types of people and situations:*

Meditation has shown to have positive outcomes with regard to both physical and mental well-being.

It reduces stress and increases positive mental health. It helps you cope with mood and behavior changes.

Help you cope with medical conditions such as pain, heart disease, and cancer and even to help increase immunity.

Beneficial for decreasing negative aspects related to stress, anger, hostility, depression and anxiety.



Help increase performance in athletic, academic, and work environments; improved sleep quality and duration.

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Types of Meditation

- ❑ *Not every type of meditation will seem like a good fit for you, with the many choices you will find one that works for you.*

**Breathing
Meditation**



**Active
Walking**



**Guided
Visualization**



**Cultivate
Positive
Emotions**



**Word or
Phrase
Meditation**



- ❑ *Different kinds of meditation uses a different object of attention.*

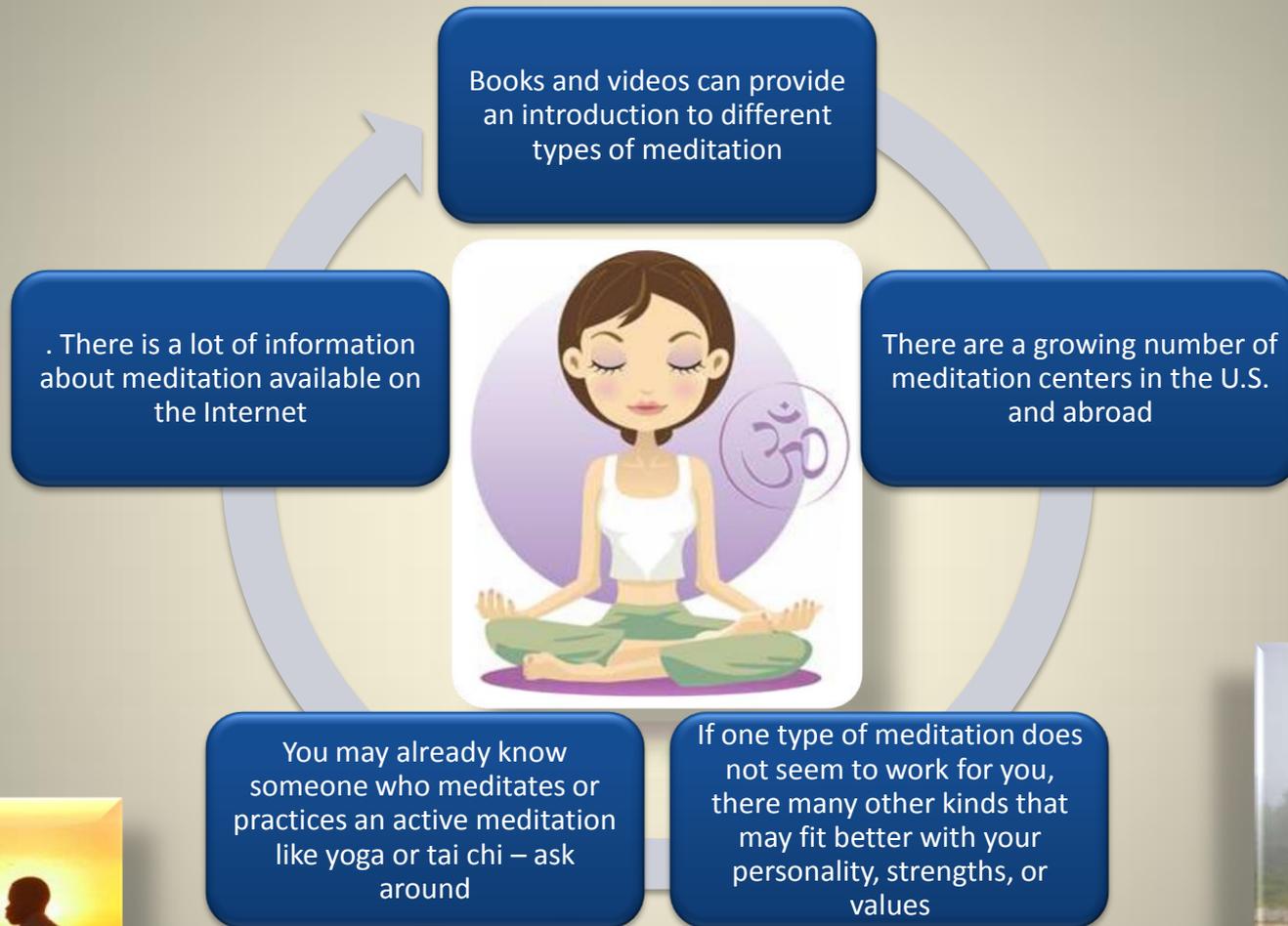
Barriers to Meditation

- Barrier One
 - “How am I supposed to meditate in the middle of so much stress? Or in War?”
 - Life can be so complicated and Chaotic.
 - Soldiers benefit from meditation
 - Meditation is useful for stress-this may be when you need it most!
- Barrier two
 - “I can’t find a good time or place to meditate.”
 - Choose how long you meditate. Meditate anytime you are waiting.
 - Find a private time and place, If people wonder about it, share your experience.
- Barrier Three
 - “I am not good at meditation! My mind wanders all the time! I have negative thoughts and feelings!”
 - Perfect! This is not normal-it’s just not me.”
 - Meditation is not easy. Disciplining your mind takes time , practice and patience.
 - Start slowly-5 to 10 minutes daily. You will gradually improve and meditation will become easier.



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Meditation Resources

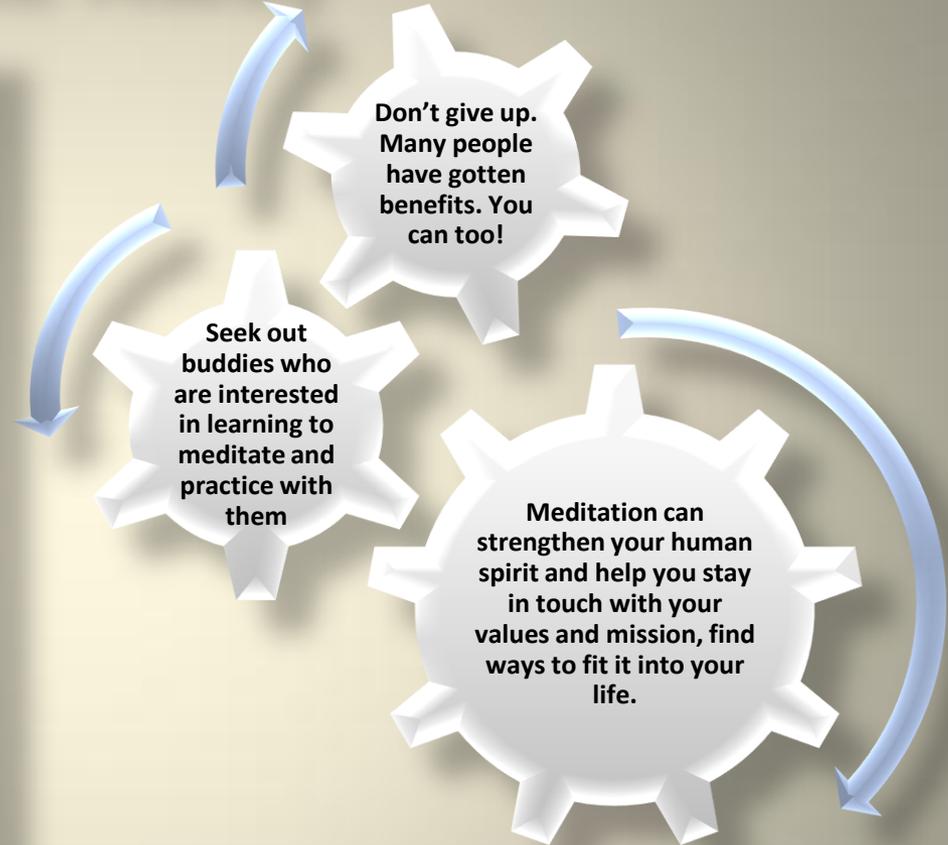


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Take Away

- The National Institute of Health reports that regular meditation can reduce chronic pain, anxiety, high blood pressure, cholesterol, substance abuse, post traumatic stress response and blood levels of stress hormones.
- Frank Treiber, Ph.D., of the Medical College of Georgia, says that meditation lowers blood pressure, even for healthy young people, creating a 12.5% lower risk of stroke or coronary mortality in adulthood.
- Researchers at University of Maryland School of Medicine report that meditation relieved stress, reduced rheumatoid arthritis symptoms, reduced cardiovascular risk factors, decreased psychological distress, improved sleep patterns.
- Studies at University of Toronto, Oxford University and Cambridge University found that 66% of those recovering from depression who meditated remained stable (no relapse) over a year.
- Dr Herbert Benson of Harvard Medical School found that meditation releases tension, creates the will power and consciousness to be in control of one's life, and alleviates depression, loneliness, hopelessness and despair.
- Dr Adrian White, University of Exeter reported that meditators showed increased activity in the frontal part of the brain associated with lower anxiety and a more positive emotional state.

Better than a wonder drug!



May you be successful in your meditation... may you experience increased clarity, energy, joy, purpose, peace, and kindness in your life.

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