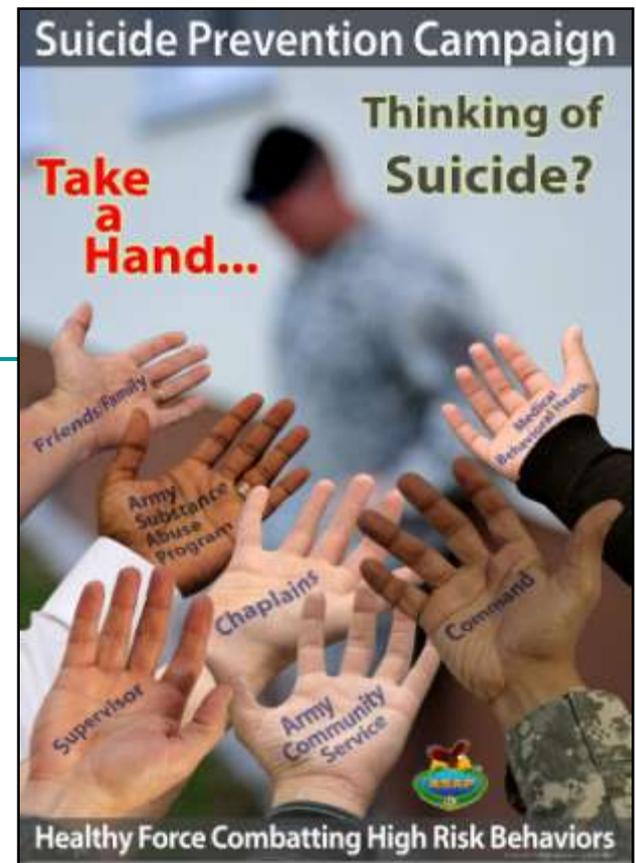


# BATTLE BUDDY'S GUIDE TO RESILIENCY

Preparing yourself to handle  
difficult adult life issues.



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# How to build resilience

## **OBJECTIVE:**

*To provide Resiliency tools and education to the Fort Benning Community.*

# The Soldier's Creed

**I am an American Soldier.**

I am a Warrior and a member of a team.  
I serve the people of the United States and live the Army Values.

**I will always place the mission first.**

**I will never accept defeat.**

**I will never quit.**

**I will never leave a fallen comrade.**

I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills. I always maintain my arms, my equipment and myself.

I am an expert and I am a professional.

I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat.

I am a guardian of freedom and the American way of life.

**I am an American Soldier.**

# Lead and Succeed

**To lead and succeed in any area of life you must have:**

- Commitment
- Creativity
- Compassion
- Courage to seek help

Homer wrote,  
"Adversity has the effect of eliciting talents which in prosperous circumstances would have lain dormant."

# Difficult Adult Life Issues

- Relationships
- Loss of rank or overlooked for promotion
- Deployments
- Death of friend due to war
- Health concerns, self or family
- Home and Property concerns
- Identity
- Independence
- Plans, Hopes & Dreams for the future
- Beliefs
- Life Roles
- Family Issues
- Others which are unique to individuals



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## Discussion Point # 1

*"The bitterness that God chooses for me is better than the honey I chose for myself"* Egyptian Proverb

# Am I a “Controller” or “Self-controlled”?

When faced with a difficult adult life issue we assume either the role of “**Controller**” or “**Self-controlled**”.

The lesson we must learn is – we can only control **OURSELVES**.

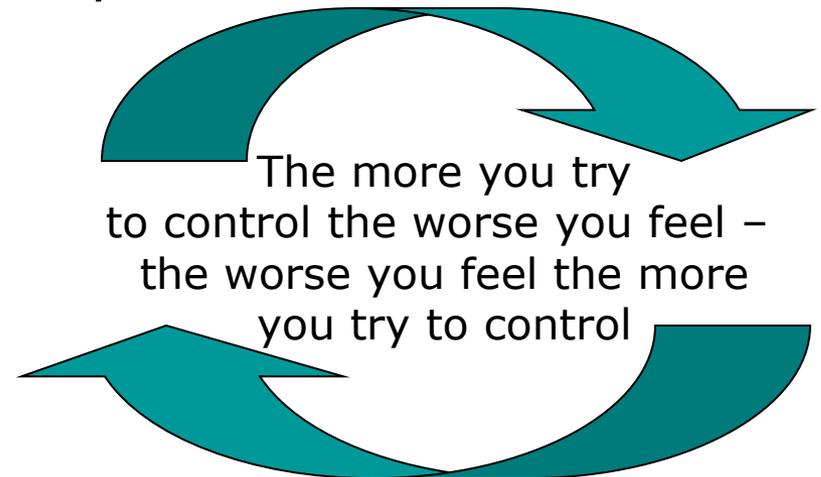


# Controllers

- Believe difficult situations/events are done to them by people or circumstances
- Respond by blaming, resenting, or projecting frustration
- Try to manipulate people and circumstances to their advantage

**BUT** people and circumstances usually do not submit and the resulting friction:

- only intensifies the pain
- turns relationships into power struggles



# Self-controlled

- Situations/events can only have as much control over me as they are given – “Don’t give it!”
- People and circumstances are not the problem – how I deal with them is the problem

## **Tips** for responding not reacting:

- the person I need to control is me
- sometimes I must release the people and circumstances in my life
- I must rely daily on a higher power in order to control my reactions



AVOID engaging in  
blame-games,  
self-inflicted pain, and  
turning relationships into  
war zones

# Discussion Point # 2 – Resiliency Toolbox



## What goes in?

- Sleep
- Fuel / Nutrition
- Health
- Friends
- Love
- Faith
- Hope
- Skills – I  
need to learn or  
apply in my life

# Resignation vs. Acceptance

## Resignation:

- surrenders to fate
- lies down quietly – gives up without effort
- says, “I can’t”
- paralyzes (stops) the life process
- says, “It’s all over for me”
- says, “What a waste”
- says, “I’m alone”

## Acceptance:

- surrenders to a higher power
- rises up with purpose and destiny
- says, “I can, but I may need help.”
- faces the situation, looking for possible solutions
- says, “Now that I’m here, what’s next?”
- says, “In what way will this mess be used?”
- says, “I belong.”

# Discussion Point # 3

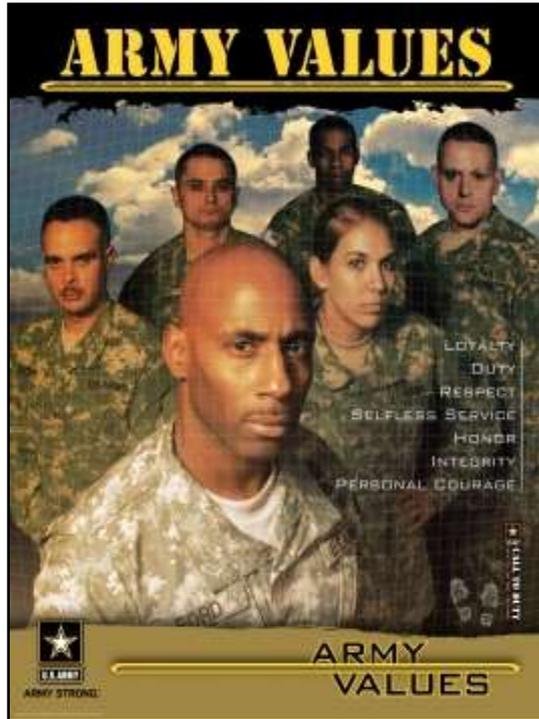
*“Life is always played in a forward direction; it never goes backward.”*

**Anonymous**



Ask yourself, “What am I doing today that will make my tomorrow better?”

# Army Values



- **LOYALTY**
- **DUTY**
- **RESPECT**
- **SELFLESS SERVICE**
- **HONOR**
- **INTEGRITY**
- **PERSONAL COURAGE**

# What the Army Values mean to me:

“I believe these are the values that build the foundation of trust which have given me the security to serve during year long deployments. As with any duty I refuse to fail. I will not fail an Army mission nor would I fail my family. I would not do anything to compromise my marriage and I don't allow myself to enter into environments that could lead to bad decisions (bars, strip clubs...)

I respect my wife and my family. I do not conduct myself in such a manner that would disrespect or dishonor her. It is also my duty to provide for my family's needs. I will always place their needs above my own. This is hard as the Army's needs consume a large part of time and energy. I have to pace myself in order to divide myself between the Army and my family. It is important to me that I be able to pay my family with time, energy and patience. Also, important to communicate consistently and make family decisions together. It is easy to grow apart with the length of the deployments.”

## **SFC Robbie Misplay, USA - Husband**

2nd/504th PIR (82nd ABN)

Deployments: Oct02 – Jul03, Apr05 – May06,  
& Jun07 – Jun08

Married - Nov01

TIS: 15 years



“Like my husband, I share many of the same feelings. A strong foundation has been the key to our marriage. We have survived through five combat tours to Iraq and Afghanistan, of which could not have been done without the trust, loyalty, respect, and integrity we have for one another not to mention our family as a whole. We will not allow a bump in the road to break what we have worked so hard to build. The communication both during our combat tours and back at home is very open and honest. Although feelings may get in the way as mine often do, we do not let barriers stand between us. We discuss everything that may or may not go on; we discuss every decision, big or small, from finances to fishing and hunting.

Although juggling our military careers and our family life is tough, our family and home life has priority. We would not be as successful in our Army Careers as we have become if it weren't for the strong family element. The strength and support we gather from one another is paramount in accomplishing our day to day missions, whether it's an Army mission or personal, the support is never ending.”

## **SFC Jamie Misplay, USA - Wife**

28th CSH

Deployments: Nov03 – Feb04 & Aug06 – Oct07

Married – Nov01

TIS: 12 years

# What the Army Values mean to me:

“I have been deployed to Iraq twice, first for 12 months and then for 15 months. I think the Army values worked for me, because I used them everywhere I went. These values allowed me to have a somewhat normal life during my time spent in Iraq. I have used the Army values throughout my career and I will continue to use them once I enter the Civilian sector. While in Iraq Loyalty allowed me to accept the deployment and to be able to explain it to my family as a matter of honor. Duty allowed me to accept the mission of my Unit, which was escort security for recovery missions. Personal courage was a value I used all the time in Iraq. It kept me motivated on each mission outside the compound. Also, the compound was constantly being bombed and I never knew where the next mortar was going to fall. Personal Courage allowed me to carry on with my everyday activities without being afraid to come out of my barracks room or go on a mission. I think Respect is the best value in Iraq. You have to respect the Iraqi people, as well as their land, ideals, weapons, and combat tactics. As a Soldier, I had to respect everyone and treat them all the way I wanted to be treated.”

**SSG Lamar Williams, USA**  
598<sup>th</sup> Maintenance, 13<sup>th</sup> CSSB  
TIS: 20 years



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## Discussion Point # 4

*“Resilient people are those who consciously decide that somehow, someway, they will do the very best they can to survive, cope and make things turn out well”* Al Siebert, PhD

# 5 DIMENSIONS OF STRENGTH

## COMPREHENSIVE SOLDIER FITNESS

## STRONG MINDS ☆ STRONG BODIES

<http://www.army.mil/CSF/index.html>



### **Physical**

Performing and excelling in physical activities that require aerobic fitness, endurance, strength, healthy body composition and flexibility derived through exercise, nutrition and training.



### **Emotional**

Approaching life's challenges in a positive, optimistic way by demonstrating self control, stamina and good character with your choices and actions.



### **Social**

Developing and maintaining trusted, valued relationships and friendships that are personally fulfilling and foster good communication including a comfortable exchange of ideas, views, and experiences.



### **Family**

Being part of a family unit that is safe, supportive and loving, and provides the resources needed for all members to live in a healthy and secure environment.



### **Spiritual**

Strengthening a set of beliefs, principles or values that sustain a person beyond family, institutional, and societal sources of strength.

# POINTS OF CONTACT

## **DURING DUTY HOURS**

**(0800 – 1700)**

### UNIT CHAPLAINS

Department of Behavioral Health (706) 544-3590 / 2273

Employee Assistance Program (EAP) (706) 545-1138/4415

Family Life (706) 545-5301/1760

Emergency – 911

## **AFTER DUTY HOURS**

**(1701 – 0759)**

Emergency Room, MACH (706) 544-1502

Duty Chaplain – (706) 545-2218

Emergency – 911

## **Off Post Hours**

**(24 Hours)**

Military OneSource 1-800-342-9647

[www.militaryonesource.com](http://www.militaryonesource.com)

Anonymous self-assessment [www.MilitaryMentalHealth.org](http://www.MilitaryMentalHealth.org)

24-Hour Help Line – (706) 327-3999

Police Emergency - 911

Getting help is a sign of strength!



**The DoD Questionnaire for National Security Positions (SF-86) has been revised. Question 21 about mental health counseling and treatment now excludes counseling related to marital, family, or grief issues and counseling for adjustments from service in a military combat environment.**