

Wellness of Relationships –

The ability to strongly communicate and seek opportunities to connect well with others.

Strongly connect with others by:

- Looking other people in the eye and smile when communicating with them.
- Being respectful, honest, and authentic while communicating.
- Putting in the time to build and maintain strong relationships; schedule time together.
- When speaking with someone, put your phone away to show him or her that this time matters more than your phone.
- Show that you are a good listener by not interrupting and asking questions that show a deep understanding of their conversation.
- Seeking opportunities to create new in-person, online, and/or phone relationships to enrich and diversity life.
- Being mindful of when it is better to listen than to speak.
- Participating in communications that are mutually respectful with equal “give and take,” which will enrich both people’s lives.
- Being available as a “Wingman” to support your fellow CAP members, family, friends, and neighbors.
- Showing empathy, which is simply recognizing emotions in others and putting yourself in their shoes because those who have high empathy tend to feel more satisfied with their lives.

Wellness of Family–

The ability to devote time with your loved ones to create enriching family relationships.

Speak with trusted loved ones at least daily (when possible), be open and honest with them, and lean on loved ones for support.

- Commit to at least 20 minutes of positive family time a day; when travelling, try using a phone smartphone video app.
- Practice forgiveness, open up to loved ones, recognize when family members need help, and make lifestyle choices that support the entire family.
- Speak with loved ones after you have had time to relax and clear your emotions.
- Do not make any significant life changes or major decisions until you speak to your loved ones.

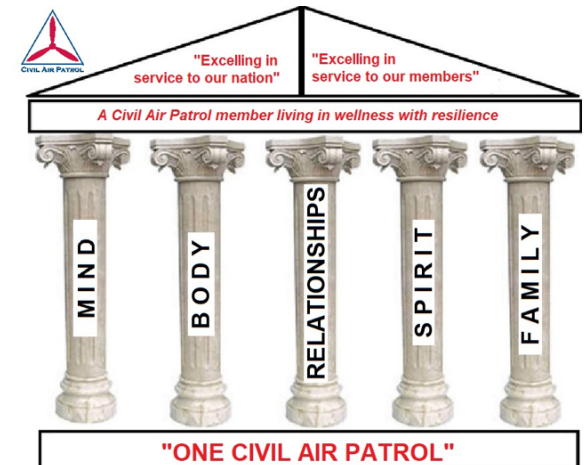


Further Help

- National Suicide Prevention Lifeline:** 800-273-8255 (confidential).
- Nacional de Prevención del Suicidio:** 888-628-9454 – En Español (confidencial)
- Options For Deaf + Hard of Hearing:** 800-799-4899, or chat online at suicidepreventionlifeline.org
- Crisis Text Line,** text “start” to 741741 for a crisis text counselor (confidential).



CAP Wellness Pamphlet For a Well Life



Civil Air Patrol Five Pillars of Wellness and Resilience
"One Civil Air Patrol excelling in service to our nation and to our members!"

“The five pillars are Mind, Body, Relationships, Spirit, and Family. They represent the focus areas that contribute to our personal level of “wellness.” This personal wellness enables us to operate at our best, sustaining us during times of stress and making us resilient to the difficulties of life. This helps us to be successful as CAP Volunteer Airmen.”

- Major General Smith, CAP National Commander.

Wellness of Mind –

The ability to identify, share, and manage your feelings to keep you flexible, confident, and ready for life.

Relax and exercise the mind by using:

- Good posture when sitting / walking.
- Deep breathing exercises to relax emotions and slow the body.
- Positive self-talk like “I can do this.”
- Critical thinking to consider different solutions to problems.
- Optimism and hope to find the “silver lining” in any situation.
- Your imagination to create a safe, peaceful, and relaxing setting.

Let negative emotions go, rather than letting them build up.

- Talk with a trusted friend, mentor, or a professional about your emotions.
- Meditate by concentrating on slowly taking 5-10 deep breaths with closed eyes.
- Write out thoughts in a diary or journal to let them get out in the open.
- Make lists to get organized and get a plan.
- Express yourself through art, music, creative writing, or poetry.
- Read a relaxing and familiar book or listen to relaxing and familiar music.

Be self-aware about emotions and be honest when signs of stress appear like:

- Muscle tension and/or pain in the back, neck, or body.
- Abdominal pain / intestinal issues.
- Feeling anxious, sad, rigid, disorganized, or seeing a change in your eating habits.
- Becoming short-tempered or negative.

Wellness of Body –

The ability to move your body, sleep well, and eat well-balanced foods to keep your body strong and mission-ready.

Physically well people have better self-esteem, emotional health, and get sick less.

- Commit to at least 20-minutes of balanced exercise a day. Consider doing a daily balance of:
 - Aerobic exercises, like running, walking, hiking, gardening, or dancing.
 - Resistance exercises, like plyometric, weights, or body weight exercises.
 - Stretching exercises, like yoga, tai chi, or flexibility training.

A good night’s sleep reduces stress. Try to go to bed earlier and get 8 hours of sleep.

To get the best sleep possible:

- Get in a nightly sleep routine 60-90 minutes before going to bed. Consider, taking a shower, getting into soft clothing, and listening to soft music every night.
- Stop caffeine 4-6 hours before bed.
- Wait a few hours before exercising and going to bed to allow your body to rest.
- Dim the lights 60-minutes before bed.
- Stop reading, watching TV, or using a tablet or smartphone in bed.
- Keep electronic devices docked outside of the bedroom so they don’t awaken you.
- Get out of bed and read, if unable to sleep.

Eating a well-balanced diet

- Cook, prepare, and pack your meals instead of eating out to limit oils and salt.
- Choose fresh ingredients and make sure 1/2 your plate is vegetables and fruits.

Wellness of Spirit –

This pillar is about having good habits that take care of our spiritual outlook on life. It is not necessarily tied to religion or an identity with a religion.

Commitments to build wellness of spirit:

- Attend a regular spiritual / religious community with family
- Volunteer for additional Emergency Services training to allow you to give to the community
- Take up a community cause that assists others in your local area
- Pray, read, or think about something uplifting.
- Seek a leadership role in your squadron to assist newer or younger cadets
- Discuss your values with your family (CAP’s core values are a good starting point)
- Talk with a teacher, mentor, religious leader or other confidant about the big questions. Why am I here? Where am I going? What is it all about?
- Talk to a friend about how you can keep going even if things look hard ahead
- Read a news article and think about someone else’s perspective (to see life from their point of view)
- Write in a journal about your purpose and how you see your life making the world a better place.
- Be a good wingman to someone who might be having trouble. Are you available for them?
- Ask yourself if you are happy with how you are living your life now. Are you living authentically and living according to your values?
- When you make a mistake, do you correct your error or ask forgiveness of others?
- Think about what you are grateful for at this moment. What good things have you experienced?