



## Warrior Within: Building Resilient Spirits

### Resilient Traits Spread Sheet

Vendor Topic	Vendor Name	Resilient Points
Survey & Mission	RGH	<ul style="list-style-type: none"> <li>• Complete Survey</li> <li>• Obtain Flight Line Event Map</li> <li>• Proceed on Mission</li> </ul>
Chair Massage		<ul style="list-style-type: none"> <li>• Relaxes Muscles</li> <li>• Relieves Tension</li> <li>• Self-Care</li> </ul>
Yoga		<ul style="list-style-type: none"> <li>• Create time for quiet</li> <li>• Routine</li> <li>• Alleviates stress</li> <li>• Can practice anywhere</li> </ul>
Coloring/Mission/Vision	RGH	<ul style="list-style-type: none"> <li>• Creates focus</li> <li>• Reduces amygdala activity = controls emotions = less stress</li> <li>• Creative outlet</li> </ul>
Mobile Applications		<ul style="list-style-type: none"> <li>• Portable/ Free</li> <li>• Deep breathing tells your brain to slow down</li> <li>• Reduce Anxiety</li> </ul>
Internet Safety		<ul style="list-style-type: none"> <li>• Reduces risk of career implications</li> </ul>



		<ul style="list-style-type: none"> <li>• Maintains friendships/nurtures and builds people up not hurt</li> <li>• Protect self and family from danger</li> </ul>
Chaplains		<ul style="list-style-type: none"> <li>• Power of faith</li> <li>• Comfort/support</li> <li>• Core beliefs promote resilience/compassion/forgiveness</li> </ul>
Addiction	Jen	<ul style="list-style-type: none"> <li>• Understanding addiction helps to protect</li> <li>• Know the risks and how to get help</li> <li>• Have a healthy relationship with sex, drinking, gaming</li> </ul>
Tool Boxes	Leesa P	<ul style="list-style-type: none"> <li>• Provide inspiration</li> <li>• Offer hope and something to strive for</li> <li>• Remind us that there is more in our lives than just right here, right now</li> </ul>
Reiki		<ul style="list-style-type: none"> <li>• Alleviates physical pain and tension</li> <li>• Offers focus and calming opportunity</li> <li>• Physical and spiritual connectedness</li> </ul>
Acupuncture		<ul style="list-style-type: none"> <li>• Physical relief of pain/stress</li> <li>• Enhanced mental clarity and energy</li> <li>• Improve immune system</li> </ul>
Health & Nutrition	RGH/FVHD	<ul style="list-style-type: none"> <li>• Nourish your body</li> <li>• Increased energy</li> <li>• Weight control</li> <li>• Increased immunity</li> </ul>
Safe Sex - Dating		<ul style="list-style-type: none"> <li>• Healthy relationships</li> <li>• Clear boundaries/no confusion/consent is mutual</li> <li>• Physical health and family planning</li> <li>• Where to go to get help</li> </ul>
Build A Partner	RGH JG	<ul style="list-style-type: none"> <li>• Understand what you need in a partner</li> </ul>



		<ul style="list-style-type: none"> <li>• Focus on what qualities best compliment you</li> <li>• See relationships as long term investments/lay good foundations for success</li> </ul>
Positive Parenting	Kim Brown	<ul style="list-style-type: none"> <li>• Build structure in your home</li> <li>• Provide foundations for child’s ability to cope</li> <li>• Develop strong toolbox of skills to cope with challenges in life</li> <li>• Better communication with partner/child</li> </ul>
Hugging Booth with Dorothy	Dorothy	<ul style="list-style-type: none"> <li>• Relaxes muscles and reduces tension</li> <li>• Reduces isolation</li> <li>• Offers comfort and support</li> <li>• Boost your immune system</li> </ul>
RGH Mentors		<ul style="list-style-type: none"> <li>• Part of a team/Support system</li> <li>• Reduce isolation and create connection</li> <li>• Give and receive advice/support</li> <li>• Goal setting/problem solving</li> </ul>
Financial	Reggie	<ul style="list-style-type: none"> <li>• Financial freedom</li> <li>• Short and long-term goals</li> <li>• Manage a budget</li> <li>• Plan for the future</li> <li>• Maximize benefits</li> </ul>
Physical Fitness		<ul style="list-style-type: none"> <li>• Physical wellbeing</li> <li>• Immune boost</li> <li>• Uplifts your mood</li> <li>• Create connections/learn new sports</li> </ul>

