



Module 1: STRESS RESILIENCE

In this module you will learn how stress affects the 4 domains of resilience (mind, body, spirit and social), as well as how to recognize it and turn it into an opportunity for growth. You will also develop the vital skills of Energy Management and Recalibration through practical exercises designed to resync your mind-body connection, increase clear thinking and optimize performance.

Module 2: MINDFULNESS & MEDITATION

In this module you'll learn about the three attitudes of mindfulness – non-judgment, curiosity, and acceptance – and how these attitudes can improve decision-making reduce destructive behaviors and increase optimal performance. You will also learn how mindfulness and meditation can aid in recovery from stress through practical exercises that will further your own mindfulness and meditation practices.

Module 3: LIVING CORE VALUES

In this module, you'll learn how values can help you stay on course and maintain commitment and consistency when you're under stress. You will also learn how to identify and define your values, relate them to Core Navy Values and your personal goals,

Module 4: FLEXIBILITY

This module will teach you how to better understand your own thoughts, emotions and behaviors, how they are different, and how they interact with one another. You will also learn how to deal with your thoughts, emotions and behaviors in different settings through practical skills that can be put to immediate use.

Module 5: PROBLEM SOLVING

This module will cover the basic steps of effective problem-solving using practical examples of how these steps can be applied at work and at home. You will also learn how to recognize the dynamics and interactions that lead to personal and group challenges as well as healthy and helpful coping skills for dealing with them.

Module 6: CONNECTION

In this module you will learn how connection and communication helps you manage stress and develop resiliency, among many other benefits. You will learn how to identify your support network and recognize the different communication styles that, when understood, can lead to more successful communication with others. You will also learn about the vital role empathetic listening has in building connections, communicating effectively and improving the cohesiveness of groups and organizations.