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It examines the relationship between medical fitness and resilience, using key constructs found in the scientific literature, which address preventive care, the presence and management of injuries and chronic conditions, and facilitators and barriers to access of appropriate health care. Supporting or increasing the levels of the key measures of medical fitness identified in this report may facilitate resilience and can protect Airmen, civilian employees, and Air Force families from the ...

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Physical fitness is one pathway toward resilience because it is associated with many traits and attributes required for resilience.

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It examines the relationship between physical fitness and resilience, using key constructs found in the scientific literature that address work-related physical fitness and health-related physical fitness. Supporting or increasing the levels of physical fitness identified in this report may facilitate resilience and can protect Airmen, civilian employees, and Air Force families from the negative effects of stress.

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This report is one of a series designed to support Air Force leaders in promoting resilience among its Airmen, civilian employees, and Air Force families. It examines the relationship between medical fitness and resilience, using key constructs found in the scientific literature, which address preventive care, the presence and management of injuries and chronic conditions, and facilitators and barriers to access of

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appropriate health care.

This report is one of a series designed to support Air Force leaders in promoting resilience among its Airmen, civilian employees, and Air Force families. It examines the relationship between physical fitness and resilience, using key constructs found in the scientific literature that address work-related physical fitness and health-related physical fitness.

One of a series of reports designed to support Air Force leadership in promoting resilience among Airmen, its civilian employees, and Air Force family members, this report examines social fitness, or the combination of resources from social connections that influence how individuals respond to stressful circumstances. It assesses the current social fitness constructs and measures in scientific literature to identify methods of increasing social connectedness and support among U.S. Airmen and their families.

One of nine related reports on Total Force Fitness, including companion reports on the fitness domains : Medical -- Nutritional -- Environmental -- Physical -- Social -- Spiritual -- Behavioral.

"This final overarching report in a series documents research and recommendations RAND offered to the Air Force to help strengthen the development of a new office responsible for monitoring and promoting resilience among Air Force Airmen, civilian employees, and Air Force families. Efforts to boost resilience have become an important military response to suicide and other markers of distress and poor health. The report reviews the concepts and measures of resilience, resilience factors, hardiness and flourishing. It describes how resilience and the military's Total Force Fitness concepts are related. The report brings together highlights from the eight companion reports on each Total Force Fitness domain and characterizes types of Air Force data that could be used to track resilience."-- Provided on the publisher's website.

This report examines the relationship between spiritual fitness and resilience, using key constructs found in the scientific literature: a spiritual worldview, personal spiritual practices, support from a spiritual community, and spiritual coping.

What doesn't kill you makes you stronger! Activate your natural ability to thrive with Resilience For Dummies Stress, anxiety, and exhaustion are all-too-common features of our crazy-paced, curveball-throwing contemporary existence, and it's sometimes hard to see how we can make it from one week to the next intact. But there's a solution to the struggle: resilience! In Resilience For Dummies, Dr. Eva Selhub—former Harvard Medical School instructor and director of the Benson Henry Institute for Mind Body Medicine at the Massachusetts General Hospital for six years—outlines the proven steps we can all take toward optimal resilience to build healthier, more purposeful, and increasingly joyful lives. The six pillars of resilience are: physical vitality, emotional equilibrium, mental toughness and clarity, spiritual purpose, healthy personal relationships, and being an inspiring leader and part of a wider community or team. Dr. Selhub explains why each

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of these foundations is crucial to flourishing, how fortifying them gives us a base for attacking stress, hardship, and failure head-on, and how this confrontation then develops the strength we need for transformative change within our personal and professional lives. Know how genetics, education, and culture contribute to resilience Avoid learned helplessness and the victim mindset Harmonize stress and make it work for you Clear negative emotions and find your bliss Build up your physical, mental, and spiritual muscles Dr. Selhub's six pillars of resilience show you how to channel your inner strength, face down whatever trouble comes your way, and come out thriving on the other side.

Military service involves exposure to multiple sources of chronic, acute, and potentially traumatic stress, especially during deployment and combat. Notoriously variable, the effects of stress can be subtle to severe, immediate or delayed, impairing individual and group readiness, operational performance, and ultimately ' survival. A comprehensive co

Stress and Your Health: From Vulnerability to Resilience presents an evidence-based evaluation of the various effects of stress, along with methods to alleviate distress and stress-related illnesses. Examines myriad stressor effects and proven ways to alleviate stress in our lives Covers a wide range of stressor-related topics including therapeutic strategies to deal with stress and factors that hinder treatment of stress Makes difficult biochemical and immunological concepts accessible to a non-specialist audience Addresses many of the factors that cause individuals to be more vulnerable to the impact of stressors and at increased risk for pathology

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