

# MIND - BODY

## *Mental Fitness*

The Mind-Body Mental Fitness Program is designed to help Sailors and their families better understand how to cope with stressors that are present in the military lifestyle. Learn tools to manage stress and enhance the mind, body, spirit and social domains in your life.

**11:30 a.m.-12:30 p.m. | Red Cross classroom, Capodichino**

Take the series or any individual class.

### **Tuesday, July 2**

#### **Stress Resiliency**

Learn how stress affects the four domains of resilience (mind, body, spirit and social).

### **Tuesday, July 9**

#### **Mindfulness and Meditation**

Learn about the three attitudes of mindfulness; curiosity, non-judgement and acceptance.

### **Tuesday, July 16**

#### **Living Core Values**

Learn how to identify, align and define your values and connect them to your personal and professional environment.

### **Tuesday, July 23**

#### **Flexibility**

Learn how to understand your thoughts, emotions, behaviors and how they interact with each other.

### **Tuesday, July 30**

#### **Problem Solving**

Discover the basic steps for effective problem solving and how it can be used at work and home.

### **Tuesday, Aug. 6**

#### **Connection**

Learn how connection and communication help you manage stress and develop resiliency.



To register, scan the QR code, email [NSANaplesFFSC@us.navy.mil](mailto:NSANaplesFFSC@us.navy.mil) with your name and class(es) you wish to take or call 081-811-6372 /DSN 629-6372.

