



Civil Air Patrol

RESILIENCE: WELLNESS OF BODY

September 2019 National Character Development Lesson

INTRODUCTION AND OBJECTIVE

This lesson reinforces the “Five Pillars of Wellness and Resilience” introduced in September 2018 and announces the national commander’s year-long emphasis on bodily wellness. The Five Pillar model encourages all CAP members to develop good habits that increase resilience to stress, grief, and trauma. In this lesson, cadets will explore methods of cultivating wellness of body and commit themselves to some activity to improve their physical well-being.

PRE-CLASS CHECKLIST

Prior preparation is essential to success. Please prepare the following well ahead of time:

- All media installed and checked out if video to be used
- Cadet “Flight Plan” handouts prepared and available
- Phase Three cadet orientation/training completed
- Personal writing instruments and extras available
- Room arrangements complete in small groups of 3 to 5 cadets

ATTENTION GETTER

LARGE GROUP FACILITATED BY CHAPLAIN/CDI/COMMANDER (10 MINUTES.)

During last year’s Resiliency Down Day, our national commander introduced the Five Pillars of Wellness and Resilience. These Five Pillars, developed by a national committee of experts and professionals, provide a framework for all CAP members to use in cultivating habits that increase resilience in the face of stress, grief, and trauma. Ideally, you all remember the Five Pillars: Mind, Body, Relationships, Spirit, and Family.

Last year, General Smith asked us to use the Five Pillars to improve our awareness of suicidal thoughts and to adopt behaviors that reduce the likelihood of all forms of self-harm. This year, General Smith has a new point of emphasis, which he would like to announce with the following message:

[Here, read Maj Gen Smith’s message to our members. There is no video this month.]

Hello. Last year at this time I introduced you to an important concept created by my Resiliency Task Force on ways to support our members, who are the most important asset of our organization. That concept was the Civil Air Patrol Five Pillars of Wellness and Resilience. Those five pillars: mind, body, relationships, spirit and family are the focus areas that keep us strong and able to withstand the stresses we encounter as we serve our communities and our membership.

As a cadet at the Air Force Academy I first learned about my responsibility as a future Air Force officer to become a "whole person." The entire curriculum of the Academy was designed to provide the necessary guidance to learn and grow in every important area of my life.

Our Five Pillars represent an important variation on the "whole person" I learned about long ago. If we develop excellent habits in all the five of these pillars we cannot help but be at our very best as we prepare to serve. There will be nothing that can keep us down.

While CAP has always asked our cadets to achieve a level of fitness, only recently has the CAP Board of Governors recognized that our senior members need encouragement to take care of themselves in the same way that you do. With that in mind, I'm asking all CAP members to join me as we emphasize the Pillar of Body over this next year. Join with your squadron leadership as you plan and execute fitness activities that can include the senior members of your unit. Renew your own commitment to improving and maintaining your fitness in all the pillars so that you can best serve.

Together we are "one Civil Air Patrol."

This year, our commander wants us all to focus on wellness of the body. What do we mean by "wellness?" CAP's Resiliency Task Force defines wellness as living with good habits that allow us to achieve personal excellence, sustain us during hard times, and make us more resilient to the difficulties of life. Wellness, like all the virtues we explore in character development lessons, ultimately comes down to good habits. When we break into small groups, your cadet facilitators will ask you to identify some habits that contribute to a healthy and resilient body.

UNDERSTANDING THE DESIRED BEHAVIOR

SMALL GROUP DISCUSSION LED BY PHASE 3 CADETS (3-5 PEOPLE IN EACH GROUP. 10 MINUTES.)

Wellness means living with good habits that empower us, sustain us, and make us more resilient. What are some habits that help you develop a powerful, sustaining, and resilient body?

Here, cadet facilitators should try to elicit responses that address each of the four focus areas in the Five Pillars model: fitness, rest, nutrition, and recreation. If cadets are especially reluctant to answer, try some of these follow-up questions:

- What do you do for exercise? What should your goals be for exercise? How do you feel after exercising? Do you think it's better to train for strength, endurance, mobility, or something else?
- How much sleep do you get every night? How much sleep do you think you need? What can you do to make sure you get enough sleep?

- What do we need to fuel a resilient body? How much water should you drink every day? Do you really have to eat broccoli and kale? Is there anything you shouldn't eat? What about alcohol and tobacco or vaping? Coffee? Energy drinks?
- What do you do for recreation? What could you do for recreation that would involve moving your body? If your body were stronger or more resilient, how might your recreational activities change?

APPLICATION OF THE BEHAVIOR TO THEIR LIVES

LARGE GROUP FACILITATED BY CHAPLAIN/CDI/COMMANDER (15 MINUTES)

In your small groups, you discussed some of the habits that contribute to bodily wellness. Now that we understand some of those habits, let's talk about how a healthy body affects our lives and what we can do to encourage each other in forming habits of wellness.

- How does having a healthy body make me more resilient?
- If I don't have a healthy body, how am I less resilient?
- How does bodily wellness relate to the core values?
- Does "wellness of body" mean the same thing for every member? In what ways is the meaning consistent? In what ways might it differ?
- If "wellness of body" can mean different things for different people, how should I measure my own bodily wellness? How do I know that I'm taking good care of my body?

Our core value of respect recognizes that all of us have different talents and abilities and insists that everyone can contribute to mission success. If the mission is to promote bodily wellness in CAP members, how will YOU contribute to the success of that mission? In your small groups, you will be asked to set a personal goal that will help you improve your bodily wellness. Remember that your goals should be SMART goals: specific, measurable, achievable, relevant, and time-bound. Before we break into small groups, let's brainstorm some SMART goals that would get us closer to mission success. What would you like to do to improve your physical fitness?

Allow the cadets to propose some activities and help them orient those activities toward SMART goals. If the cadets are reluctant to participate, you might ask them to formulate a SMART goal based on any of the following:

- Achieving or exceeding the HFZ standard for cadet promotions
- Participating in school athletics or a recreational league
- Learning a new sport or physical skill
- Working to achieve a particular level of proficiency
- Training for and completing a 5K/10K/Marathon/Triathlon

- Taking on a daily fitness challenge (steps per day, pushups per day, etc.)
- Setting a limit on time spent in front of a screen
- Turning off electronic devices at a certain time in order to improve sleep
- Abstaining from certain unhealthy foods (or eating more leafy greens)

Now that we have some ideas, we're going to break into small groups again so that you can make your own plan for improving your bodily wellness.

ACTIVITY

SMALL GROUP DISCUSSION LED BY PHASE 3 CADETS (3-5 PEOPLE IN EACH GROUP. 10 MINUTES.)

Please read the following: "All of us have been asked by our national commander to improve bodily wellness. In order to get where we need to go, we need a plan. Take the next few minutes to write down your plan for improving your physical well-being during the next year. Make sure to set SMART goals and be ready to share your plan with the group."

Here, the cadet facilitators should distribute the Flight Plan worksheets. Allow the cadets several minutes to fill out the flight plans. Next, each cadet, beginning with the cadet facilitator, should be given at least 30 seconds to present his or her Flight Plan to the rest of the group. After each presentation, the cadet facilitator should ask the following questions:

- What motivated you to choose this particular activity?
- What difficulties do you expect to face as you work to achieve your goal?
- What is one way that we can support you in reaching your goal?

Once all the flight plans have been presented, please collect the bottom half of the flight plan from each cadet and read the following: "You have probably heard that one meaning of TEAM is 'Together Everyone Achieves More.' Even though each of us has an individual flight plan, we're all on the same team and we're responsible to each other for achieving mission success. We have our goals for the next year; let's check in with each other every week to make sure we're on track. Thank you in advance for being good wingmen for me and for each other."

LESSON SUMMARY AND WRAP-UP

LARGE GROUP FACILITATED BY CHAPLAIN/CDI/HSO/COMMANDER (5 MINUTES)

Today, we reviewed the Five Pillars, which serve as a maintenance plan for our most important asset: our Civil Air Patrol members. By attending to each of the Five Pillars, we work toward personal excellence and improve our ability to withstand stress. Now is a good time to consider how you're doing in all five areas: mind, body, relationships, spirit, and family. You can use the Five Pillars infographic on your Flight Plan handouts to help you. Each of you made a plan to cultivate wellness of body by improving your physical well-being. Be sure to check up on each other in the weeks and months ahead. Your wingmen are counting on you!

At the National Conference last month, General Smith announced a new initiative to support our bodily wellness. Civil Air Patrol's 64,000 members will participate in the [Civil Air Patrol Walks to Mars](#) challenge, "collecting" the distance necessary to reach Mars from Earth — 33.9 million miles. This year-long challenge provides a unique and fun way to motivate all of the organization's personnel to participate in a wide variety of popular sport and fitness activities on a regular basis. While walking is the baseline activity for the challenge, over 90 different fitness activities earn steps and distance credit, according to a [conversion chart](#) on the CAP website.

As part of the *Civil Air Patrol Walks to Mars* challenge, all of CAP's 52 wings will be competing against each other. To ensure a fair contest, the competition between wings is based on prorated target values. The greater the percentage of distance a wing accumulates over its assigned value, the higher it will score compared to other wings.

Here's how you can contribute:

- **Know the program and share.** Every member contributes distance based on activity.
- **Report your activities.** Members can report their activities daily or weekly through simple forms available online. Units can report for their members.
- **Encourage others in your unit.** This is a team activity, so encourage each other to participate. Unit and wing statistics will be compiled and reported regularly.

Senior members need to be cultivating good habits of bodily wellness, too. In most squadrons, cadets are leading the way in physical fitness. Next month, you will have an opportunity to share your experience and insight with the senior members as all squadrons will have a special meeting to discuss how to implement the *CAP Walks to Mars* challenge. Let's work together to complete the challenge and take better care of our bodies so we can be of greater service to community, state, and nation.

QUOTABLE QUOTES

"Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit." – Aristotle

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity." – John F. Kennedy

"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health." – Hippocrates

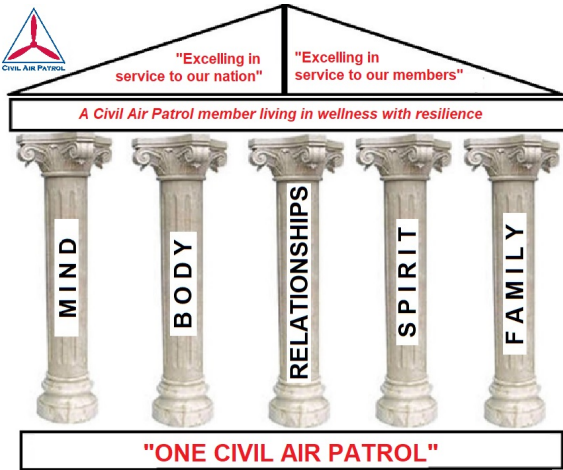
"Leave all the afternoon for exercise and recreation, which are as necessary as reading. I will rather say more necessary because health is worth more than learning." – Thomas Jefferson

For questions about this lesson please contact:

Chaplain, Lt. Col. Timothy Miner, CAP

tminer@hc.cap.gov

(571) 212-0804



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|-------------------|------------|----------------|--------------|-----------|
| Emotionally Aware | Fitness | Communication | Values | Identity |
| Learn | Rest | Connectedness | Perseverance | Affection |
| Adaptability | Nutrition | Social Support | Perspective | Legacy |
| Decision Making | Recreation | Teamwork | Purpose | Priority |

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

Wellness of Body

FLIGHT PLAN

Cadet Name: _____

Today's Date: _____

My SMART goal to improve my physical well-being in the next year:

The specific activity will I undertake: _____

How I will measure my progress: _____

The goal I will achieve: _____

How this activity relates to bodily well-being: _____

How much time (how long) I will commit to this activity: _____

----- FOLD AND TEAR HERE -----

Please return this part of the paper to your cadet facilitator.

Cadet Name: _____

My SMART goal to improve my physical well-being in the next year:

The specific activity will I undertake: _____

How I will measure my progress: _____

The goal I will achieve: _____

How this activity relates to bodily well-being: _____

How much time (how long) I will commit to this activity: _____