

# TOTAL FORCE *WELLNESS*

CG 37

Overall Score: 186 Reacting



**Resiliency**  
Questionnaire

Timeframe: 03-Oct-2023 to 18-Jan-2024

Number of Respondents: 16

## Section Breakdown

### Social

Score: 17

It has been said that 85% of our satisfaction in life comes from our interpersonal relationships (i.e., social support) and less than 15% comes from material things like cars, technology, or money. Yet most of us live our lives as though these figures were exactly the opposite. Spend more time on your relationships.

10 to 15 - Ready (6)

16 to 25 - Reacting (8)

26 to 35 - Injured (2)

36 to 40 - Ill (0)

### Psychological

Score: 19

Researchers have found that having a sense of control in one's life is essential for both mind and body. People who feel in control of their lives report better health, fewer aches and pains, and faster recovery from illnesses than other people do. They also live longer. People who feel in control of their lives are invigorated and challenged by their busy schedules.

10 to 15 - Ready (5)

16 to 25 - Reacting (9)

26 to 35 - Injured (2)

36 to 40 - Ill (0)

### Physical

Score: 22

To improve your physical health, experts recommend getting 150 minutes of moderate intensity exercise every week, sleeping 7-8 hours of sleep every night and moving more and sitting less during the day.

10 to 15 - Ready (4)

16 to 25 - Reacting (7)

26 to 35 - Injured (5)

36 to 40 - Ill (0)

### Financial

Score: 12

Financial stress can affect nearly every facet of your life. Chances are, if you're reading this, you've experienced some level of financial stress yourself or you know someone who has.

10 to 15 - Ready (13)

16 to 25 - Reacting (3)

26 to 35 - Injured (0)

36 to 40 - Ill (0)

### Nutritional

Score: 22

Your fitness, mental well-being and general health depend on proper nutrition and healthy food. Improve your diet by reducing sugar, fried foods and processed junk foods, limit caffeine, and increase your intake of vegetables, fruits, whole grains and low-fat protein.

10 to 15 - Ready (2)

16 to 25 - Reacting (8)

26 to 35 - Injured (6)

36 to 40 - Ill (0)

## Spiritual

Score: 20

Add meaning and happiness to your life by identifying and living according to your values. Identify your life purpose. Find things to be grateful for, connect with other people, get outside in nature, volunteer.

10 to 15 - Ready (3)

16 to 25 - Reacting (10)

26 to 35 - Injured (3)

36 to 40 - Ill (0)

## Medical and Dental

Score: 17

Get a wellness exam from your doctor and a checkup from your dentist and follow their advice to improve your health now and in the future.

10 to 15 - Ready (7)

16 to 25 - Reacting (8)

26 to 35 - Injured (1)

36 to 40 - Ill (0)

## Environmental

Score: 14

Our lives are full of environmental stressors that cause us to feel a range of emotions from mild discomfort to extreme stress and fear, and this can affect our health. Identify your environmental stressors and take control over and improve as many of them as possible.

10 to 15 - Ready (10)

16 to 25 - Reacting (6)

26 to 35 - Injured (0)

36 to 40 - Ill (0)

## Behavioral

Score: 17

Occasional episodes of stress aren't all bad: Stress can help you get through an emergency or perform better under pressure. But when you are continually under stress and pressure, i.e., chronic stress, you can suffer physical consequences (like high blood pressure, gastro-intestinal problems, insomnia, migraine headaches, etc.) and emotional consequences (anger, frustration, worry, panic, anxiety, depression etc.).

10 to 15 - Ready (6)

16 to 25 - Reacting (10)

26 to 35 - Injured (0)

36 to 40 - Ill (0)

## Resilience

Score: 22

Everyone goes through difficult times in their lives. Being resilient by building your coping resources and learning how to be more flexible will help you remain focused and productive. Resilient people see serious problems as temporary setbacks and look forward instead of backward.

10 to 15 - Ready (3)

16 to 25 - Reacting (9)

26 to 35 - Injured (3)

36 to 40 - Ill (1)

### Point Scale:

10 to 15 - Ready (4)

16 to 25 - Reacting (10)

26 to 35 - Injured (2)

36 to 40 - Ill (0)

## Comments

Ready	Reacting	Injured	Ill
<p>Good to go</p> <p>Well-trained</p> <p>Fit and focused</p> <p>Cohesive units</p> <p>Ready families</p>	<p><i>Optimal Performance</i>, but if prolonged or not managed: Loss of optimal performance</p> <p>Mild and transient distress</p> <p>Irritable, angry, anxious or depressed</p> <p>Diminished self-control</p> <p>Poor focus</p> <p>Poor sleep</p>	<p>More severe or persistent distress or impairment due to Wear &amp; Tear, Inner Conflict, Loss, Life Threat</p> <p>May leave lasting memories, reactions and impressions</p>	<p>Stress injuries that don't heal without help</p> <p>Symptoms persist, get worse or initially get better then return worse</p>
<p>Unit Leader Responsibility</p>	<p>Individual, Peer, Family Responsibility</p>	<p>Caregiver Responsibility</p>	