



# SELF-AWARENESS & MENTAL AGILITY

## HIGH-IMPACT SKILLS



### SELF-AWARENESS CAN BE GAINED BY DOING THE FOLLOWING:

- Use breathing techniques to relax.
- Compartmentalize thoughts into boxes and lock them away. Unlock the boxes when you have time to process the thoughts.
- Identify feelings we experience in response to situations.

### INSTEAD OF ASKING WHY ME?, ASK:

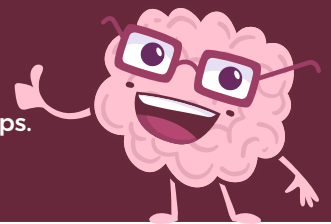
- What about me are people responding to?
- What is most important to me?
- What could I have done to contribute to a different outcome in a situation?

### USE SELF-AWARENESS AND MENTAL AGILITY SKILLS TO:

- Control what you can, leave what you can't, and move on.
- Know the boundaries in relationships with others.
- Know what you could and could not do in any given situation, and accept it.

### SELF AWARENESS AND MENTAL AGILITY CAN:

- Reduce stress levels.
- Help create healthy habits.
- Promote stronger relationships.
- Increase self-confidence.



### MENTAL AGILITY IS SHIFTING FROM ONE BRAIN STATE TO ANOTHER AS NEEDED:

Make the shift by being calm and having no unresolved feelings when leaving one brain state and going into another. If there are unresolved feelings, compartmentalize them until they can be picked up again at a better time. This can help you shift calmly from one mental state to another

### THESE POINTS OF FOCUS COULD ALL BE NEEDED IN A SINGLE DAY:

- Focus on being a high performer at work.
- Focus on skills while playing a sport.
- Focus on calm, deep breathing when at the shooting range.
- Focus on active listening and nurturing communication when parenting.
- Focus on emotional intimacy when around spouse

For more information on ways to improve your physical and mental health, visit your local Fitness Center, **Military Family Life Counselors, Community Counseling Program,** or **Marine Corps Family Team Building.**