

WEEK 7 HANDOUT

MINDFUL TACTICAL
THINKING FOR POST
SERVICE



LEARNING OBJECTIVES

- Recognize challenges of post-service life and the impact of PTSD on well-being.
- Explore evidence-based techniques to manage PTSD symptoms effectively.
- Apply mindfulness practices to daily routines to enhance resilience.
- Develop strategies for emotional regulation and healthy coping mechanisms.
- Reflect on personal growth and the effectiveness of mindfulness in symptom management.

ACTIVITIES

- Watch supplemental material
- Reflection Assignment: Practicing PTSD Management Techniques with Mindfulness

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COVERED TOPICS THIS WEEK

- Challenges of transitioning from active service to civilian life and the impact of PTSD.
- Techniques for managing PTSD symptoms, including Cognitive-Behavioral Therapy (CBT), grounding exercises, and relaxation techniques.
- Strategies to build resilience, such as developing social support networks, self-care practices, and setting realistic goals.

ASSIGNMENTS

Reflection Assignment: Practicing PTSD Management Techniques with Mindfulness

This week's assignment builds on the techniques we discussed for managing PTSD symptoms. Your task is to choose one or more of these strategies and incorporate them into your daily routine. Additionally, you'll include a mindfulness exercise to complement your practice.

Reflect on Your Experience:

Write a short reflection on how these practices influenced your symptoms, mood, and overall well-being. Consider the following questions:

- How did the mindfulness practice enhance your chosen technique?
- Did you notice changes in your emotions, focus, or physical state?
- What challenges did you face, and how did you work through them?

Mindfulness Practice: 5-4-3-2-1 Grounding Technique

This simple exercise helps anchor you to the present moment and can be practiced anywhere.

- Name 5 things you can see around you.
- Identify 4 things you can touch and focus on their textures.
- Listen for 3 sounds and notice their qualities.
- Acknowledge 2 things you can smell (or think of favorite scents).
- Notice 1 thing you can taste, even if it's just the air or a sip of water.

Spend a few minutes focusing on these sensory details to calm your mind and reduce stress.