



Individual Marine Mind Fitness Guide

FIT	STRESSED	DEPLETED	DRAINED
<ul style="list-style-type: none"> ➤ Perseverance ➤ Personal focus ➤ Confidence under pressure ➤ Remains calm and steady ➤ Assists others in need ➤ In control of emotions ➤ Retains a sense of humor ➤ Normal behavioral patterns ➤ Alert/rested ➤ Strong coping and decision-making skills ➤ Able to relax as needed ➤ Optimistic about the future ➤ Self-competent 	<ul style="list-style-type: none"> ➤ Uncharacteristic procrastination ➤ Distracted thoughts, trouble focusing ➤ Feels overwhelmed under pressure ➤ Agitated at times ➤ Less willing to assist others in need ➤ Difficulty controlling emotions ➤ Diminished sense of humor ➤ Mild, uncharacteristic behavioral changes ➤ Insufficient sleep ➤ Difficulty making decisions and coping ➤ May have trouble relaxing at times ➤ Worried about the future ➤ Questions self-competence 	<ul style="list-style-type: none"> ➤ Difficulty completing tasks ➤ Difficulty controlling thoughts or emotions ➤ Sense of helplessness under pressure ➤ Quick to anger or become fearful ➤ Persistent unwillingness to assist others ➤ Emotional loneliness ➤ Consistent loss of sense of humor ➤ Persistent, uncharacteristic behavioral changes ➤ Cannot fall or stay asleep ➤ Poor decision-making and coping ➤ Uses alcohol or drugs to relax ➤ Excessively worried about the future ➤ Self-competence failing 	<ul style="list-style-type: none"> ➤ Cannot complete tasks ➤ Cannot focus thoughts or control emotions ➤ Long-lasting sense of helplessness under pressure ➤ Intense feelings of rage or fear ➤ Avoids assisting others ➤ Emotional isolation ➤ Loss of sense of humor ➤ Consistently engaged in negative behaviors ➤ Sustained sleeping problems ➤ Cannot make decisions or cope ➤ Excessive use of alcohol or drugs to relax ➤ Hopelessness about the future ➤ No self-competence

Desired condition: Marines and families engaged in psychologically healthy behaviors that enable them to successfully meet their duties while deployed and in garrison