

## ARMY COMMUNITY SERVICE (ACS) RESILIENCY PROGRAM

Army Community service Resiliency program represents the Army's investment in the readiness of the force and the quality of life for our Soldiers, Family Members and Civilians by giving the same emphasis to psychological, emotional and mental strength. The program takes a holistic approach to fitness by optimizing five dimensions of strength: Physical, Emotional, Social, Spiritual and Family.

The Resiliency room is located in building 119 on the first floor of the Army Community Service. The Resiliency room is a multi-function room focusing on Mind, body and spirit activities. For your mind- There is a game table with a variety of board games play with your family and friends. Some games can work on a skill (i.e. anger) or just be for fun. There is a selection of books you can read on achieving balance, child rearing, teen-fiction, etc.

For Your Body- Aches and pains can cause mental stress and mental stress can aggravate injuries or cause muscle tightness, that's why we have two massage chairs for your use. Both chairs can provide seven different types of massages, while one a heating function and the other one massages the legs. ACS recently added a Fitness Vibration Platform Machine in the resiliency lounge. The fitness vibration platform machine will help the users increase the following:

- Basal metabolic rate, thereby burning calories
- Increases strength and body tone
- Helps improve circulation
- Reduces the appearance of cellulite
- Improves flexibility
- Helps strengthen muscles
- Helps to reduce fat

Other self pace programs in the resiliency lounge such as Xbox and Wii fit sport programs provides another way the Family members and DOD Civilians to work-out and burn off excess stress and adrenaline that can cause in-creased heart rate and the "fight or flight" feeling.

Spirit – The Yoga and Zumba program on the Wii is a fun way to teach an important breathing technique that is helpful in relaxing, de-stressing and dealing with anxiety. To properly breathe in yoga, you have to clear your mind and focus only on breathing. If you can succeed at this technique, it can help you when you feel overwhelmed, stressing about bills or feeling anxious. If you like to Meditate and don't need the Wii, we have a mate and a fountain for ambiance.

Other Planned workshops include: Laughter Yoga, Digital Photography, Biofeedback, Stress Management, Anger Manager, and Coping with job uncertainly.

### Key Program Elements

#### Global Assessment Tool (GAT)

Provides you with a baseline in the four dimensions of strength: emotional, social, spiritual and family; and provides an opportunity to track self-development and growth in these areas over time. The GAT can be accessed at <https://www.sft.army.mil/sftfamily>. You will need to have an AKO login to access the program.

#### Comprehensive Resilience Modules

Educates and provides tools so that you can develop your strength in the four dimensions. Modules are available online at <https://www.sft.army.mil/sftfamily>.

#### VIA Strengths Survey for Character Strengths

These questionnaires measure character strengths and aspects of happiness. To take questionnaire, login at <http://www.authentic happiness.sas.upenn.edu/Default.aspx>

The Army Community Service Resiliency room is Open to all Picatinny Military, Family Members, DoD Civilians and Contractors! Stop by the ACS or call 973-724-5219/7247 for more information. <http://www.pica.army.mil/garrison/directorates/ACS/default.aspx>