

# USARC Psychological Health Program

*The latest program updates, wellness tips, resources, and announcements*

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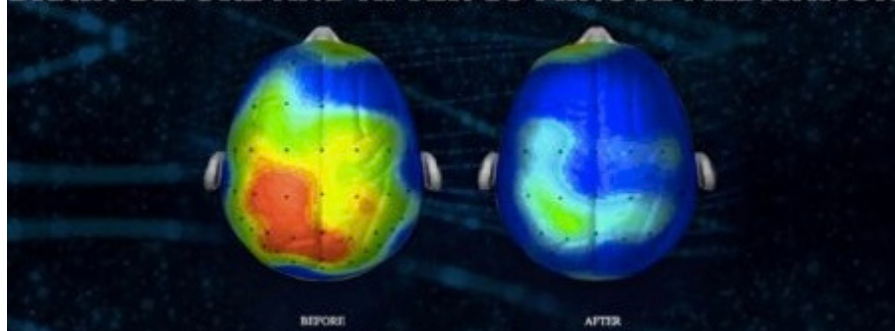
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#### **BRAIN BEFORE AND AFTER 10 MINUTE MEDITATION**



## **Your Brain on Meditation**

The following information will outline some key brain changes associated with meditation, which is also linked to enhanced mental health for those who regularly meditate.

#### **What is meditation:**

The practice of meditation is defined through many cultural and traditional; scientifically There has been an increase in medical and clinical responses that substantiate the efficacy of the use of meditation on a regular basis.

In short - Meditation can be considered a practice that trains the brain, and body, to focus on one or more experiences, sensations, emotions, thoughts, or external stimuli.

There are different reasons for the use, and practice of meditation, the most common is to enhance wellbeing.

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## Telehealth Offered Through Tricare - East

[Tricare](#) - East now allows Network providers, for Tricare Reserve Select beneficiaries, to utilize Telemedicine/telehealth for sessions.

Telehealth—the interactive, electronic exchange of information for diagnosis, treatment, support, or care management—has become a critical component of many systems of care\*.

Many may be intimidated by technology or may not be familiar with interacting with providers using this method. It's important to ensure soldiers & families are able to access a telehealth platform, using a secure internet connection, and in a location that allows for confidentiality so they can speak freely with their provider.

### Finding a Provider

To find a behavioral health provider 24/7 from the comfort and security of your home:

1. [HumanaMilitary.com/telemedicine](http://HumanaMilitary.com/telemedicine)
2. [Telemynd.com/HumanMilitary](http://Telemynd.com/HumanMilitary)
3. Or call to schedule an appointment: 1-866 - 991 - 2103



To use non-network behavioral health specialists, look under "*Can't find the provider you're looking for?*" or

[Humanamilitary.com/findcare](http://Humanamilitary.com/findcare) For the Nurse Advice Line by phone and web/video chat. Available 24 Hours.

[MHSNurseAdvicieline.com](http://MHSNurseAdvicieline.com)

# Commander's Talking Points



The [Commander's Talking Points](#) are designed to supplement annual and other unit training on resilience, wellness, readiness, and Soldiers' access to care. This toolkit will assist Commanders and unit leadership with safe messaging; creating a regular and repeated conversation with Soldiers regarding psychological health and overall wellness in furtherance of decreasing stigma. Commanders and/or unit leadership are highly encouraged to regularly discuss the Commander's Talking Points with their personnel. Ideally, the talking points will be delivered at the platoon or company level beginning FY 2022, taking place on a quarterly basis.

**The intent is to spend 3-5 minutes during a regularly scheduled briefing, meeting, or formation to discuss the suggested topics.**

Talking Points tool kit will include tips on how to communicate the message, relevant references, and a 3-5 slide brief to be used if needed. Your PHP, or SPPM asset will be able to provide additional support to specific to your unit, or RD.

**The tentative topics for FY 2022 are:**

Q1: USARC Psychological Health Program and Resources Available for Soldiers & families

Q2: Overall Wellbeing, the Key to Readiness

Q3: Connectedness, Belonging, and Being Part of the Team

Q4: Identifying Suicide Warning Signs, Risk Factors, & Protective Factors



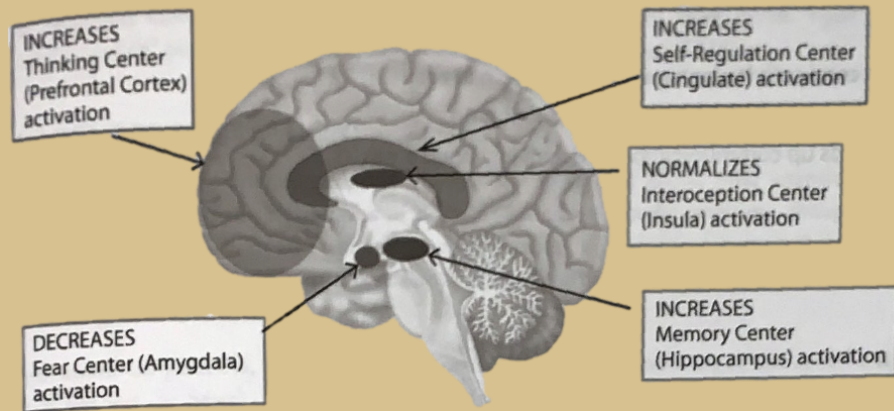
## Psychological Health Program Leadership Pocket Guide

The new [Leadership Pocket Guide](#) is designed to be a quick reference resource for Commanders, First Sergeants, Supervisors, and all leaders.

It is offered to provide recommendations, that are easily accessible, covering prevention, intervention, and postventions resources to aid in identifying and mitigating concerns.

The Pocket Guide and Talking points will be regularly updated; the most up-to-date version can always be found at <https://www.usar.army.mil/BehavioralHealthCommanders/>

# The Brain's Response



**Contact your local PHP staff for more information, or to facilitate guided meditation within your unit**

## Your Brain on Meditation

Meditation Changes the Brain in Five Ways:

1. **Less activation in the fear center (amygdala) of the brain:**
  - a. Reduces how strongly you react to trauma triggers
  - b. Reduces the stress response and increases the relaxation response
  - c. Decreases hypervigilance and the feeling of "always being on guard"
2. **More activation and increased volume of the memory center (hippocampus) of the brain:**
  - a. Increases feeling of safety
  - b. Reduces fear, especially when faced with trauma triggers
  - c. Allows traumatic memories to be experienced as past events, as opposed to reliving them as though they are occurring in the present
  - d. Increases ability to cope with negative memories
3. **More activation in the thinking center (prefrontal cortex) of the brain:**
  - a. Allows for clear thinking, better problem-solving, and improved decision-making
  - b. Improves concentration and attention
4. **Normalizes interception center (Insula) activation:**
  - a. Increases interception and mindfulness
  - b. Increases attention, awareness, and subjective expertise
  - c. Increases ability to recognize internal conditions of our body - how our body is feeling, and why
5. **Increases self-regulation center (Cingulate) activation**
  - a. Increase ability to monitor triggers for conflict
  - b. Increases cognitive and emotional flexibility
  - c. Increases self-regulation practice
  - d. Aids in the self-regulatory process