

Physical Health

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2023 Statewide Symposium in Support of Service Members, Veterans & Their Families

APRIL 19-20, 2023 | PHOENIX, ARIZONA

 arizona coalition
for military families



Lived Experience with Physical Trauma and Creating Resilience

Session 3





Skills and Tools to Create Your Own Path to Resilience

Agenda

- 1 Recap of Session 1 & 2 - Physical Health
- 2 Data supports The Whole Health Model & Trauma Informed Model
- 3 “Reframe Your Thinking”
- 4 Session Wrap Up & Questions
- 5 Red Cross – Interactive activity
- 6 Questions & Answers
- 7 Closing and evaluation

Briefing 1 & 2 Recap: Physical Health



- Profound differences between military & civilian life
- Social isolation
- Depression, social support and psychological resilience was the second most influential factor predicting well-being one year after military separation

Kristin Musch



Blue Cross® Blue Shield® of Arizona

Current Data Supports Resilience

What does it mean to *“Reframe Your Thinking”*



Interactive Activity

Reconnection/Resiliency Program

American Red Cross

Questions & Answers



Session Evaluation

We want to hear from you!

