

MIND-BODY MENTAL FITNESS



Mind-Body Mental Fitness (MBMF) is a program designed to help Sailors and their families better understand how to cope with stressors that are presented in the military lifestyle. Learn tools to manage stress and enhance the mind, body, spirit, and social domains in your life.

Classes take place at Capodichino from 1000-1100

1: Stress Resiliency | 26 February 2024

Learn how stress affects the 4 domains of resilience (mind, body, spirit, and social).

3: Living Core Values | 11 March 2024

Learn how to identify, align, and define your values and connect them to your personal and professional environment.

5: Problem Solving | 25 March 2024

Discover the basic steps for effective problem-solving and how it can be used at work and home.

2: Mindfulness & Meditation | 4 March 2024

Learn about the three attitudes of mindfulness; non-judgement, curiosity, and acceptance.

4: Flexibility | 18 March 2024

Learn how to understand your thoughts, emotions, and behaviors and how they interact with each other.

6: Connection | 8 April 2024

Learn how connection and communication help you manage stress and develop resiliency.

REGISTER NOW



Email: NSANaplesFFSC@us.navy.mil

Call: 629-6372 or 081-811-6372

***Register for the full series or
take any of the 6 modules as a stand alone class***

