



MINDFULLY TACTICAL RESILIENCE BEYOND THE SERVICE

HOST: TONY "DOC" CARLTON

FOUNDER: MINDFULLY TACTICAL FOUNDATION

EPISODE 1

ABOUT ME: BEYOND VETERAN PEER SUPPORT

- FOUNDER OF MINDFULLY TACTICAL FOUNDATION
- S&C COACH FOR FAYETTEVILLE MARKSMEN
- EXPERIENCE WITH TACTICAL ATHLETES AND HIGH-STRESS PROFESSIONALS

MY VISION FOR MINDFULLY TACTICAL

- COMMUNITY FOR TACTICAL ATHLETES AND PROFESSIONALS
- EMPOWER THROUGH MINDFULNESS AND RESILIENCE
- FOCUS ON MENTAL AGILITY AND PERFORMANCE

THE MISSION OF THE MINDFULLY TACTICAL FOUNDATION

- ENHANCE MENTAL AND PHYSICAL RESILIENCE
- MINDFULNESS AND STRATEGIC PLANNING
- NATIONAL REACH THROUGH VIRTUAL PROGRAMS

THE VETERAN PEER SUPPORT ENHANCEMENT PROGRAM

- STRUCTURED PEER SUPPORT FOR VETERANS
- FOCUS ON EMOTIONAL AND MENTAL-

THE IMPORTANCE OF SOCIAL SUPPORT IN VETERAN TRANSITION

- SOCIAL SUPPORT REDUCES PTSD SEVERITY
- CRITICAL FOR LONG TERM RESILIENCE

MY EXPERIENCE AND THE TRANSITION PROCESS

- TRANSITION INVOLVES IDENTITY-REBUILDING
- EMOTIONAL AND MENTAL RESILIENCE REQUIRED

INTRODUCING TODAY'S GUEST

- SPECIAL GUEST: THOMAS "TJ" ELDRIDGE
- FELLOW VETERAN WITH AN INSPIRING STORY

TJ'S MILITARY BACKGROUND

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THE CHALLENGES OF TRANSITION

- REBUILDING ROUTINES
- MENTAL AND EMOTIONAL CHALLENGES



THE IMPORTANCE OF MENTAL RESILIENCE

MENTAL TOUGHNESS IN NAVIGATING TRANSITION

MANAGING STRESS POST MILITARY

BUILDING SUPPORT SYSTEMS



- PEER SUPPORT CRITICAL FOR VETERANS
- IMPORTANCE OF COMMUNITY

MINDFULNESS AND MENTAL TOUGHNESS



- MINDFULNESS PRACTICES FOR VETERANS
- MAINTAINING MENTAL RESILIENCE

MINDFULNESS PRACTICES FOR VETERANS

- MINDFULNESS-BASED STRESS REDUCTION (MBSR)
- IMPACT ON PTSD AND STRESS MANAGEMENT

ADVICE FOR VETERANS IN TRANSITION

- FOCUS ON MENTAL HEALTH
- BUILD SUPPORT NETWORKS

WELLNESS AND MENTAL RESILIENCE



- FOCUS ON WELLNESS
- RESILIENCE IS THE KEY TO LONG-TERM SUCCESS

THE WELL PROGRAM OVERVIEW

- WELL PROGRAMS SUPPORTS VETERANS
- PHYSICAL, MENTAL, AND SOCIAL COMPONENTS

THE IMPORTANCE OF EDUCATION AND EMPLOYMENT

- EDUCATION AND EMPLOYMENT ESSENTIAL
- LONG-TERM SUCCESS

FUTURE DIRECTIONS FOR MINDFULLY TACTICAL

- EXPAND OUTREACH PROGRAMS
- INCREASE VETERAN SUPPORT NATIONWIDE

CONCLUSION: RESILIENCE BEYOND SERVICE

- THANK YOU TJ
- STAY MINDFUL AND RESILIENT