

SE101: 2018-11-06

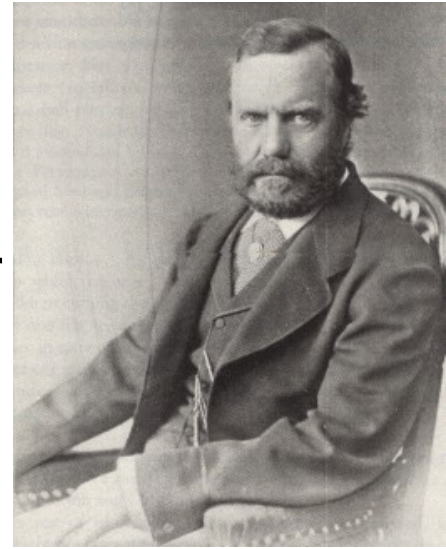
## ***Quest 3: Dynamic***

# Theodore Roosevelt Sr, to Jr:

“You have the mind but you have not the body, and without the help of the body the mind cannot go as far as it should. You must make your body. It is hard drudgery to make one's body, but I know you will do it.”

-- Sr said to Jr, approx age 10

TR Sr  
1831-1878



TR Jr  
1858-1919  
US President  
1901-1909

# 4 Stages of Somatic Enlightenment

1. Introduction to the ***Peripatetic*** Life
2. Introduction to the ***Manual*** Life
3. Introduction to the ***Active*** Life
4. Introduction to the ***Rhythmic*** Life

# The Peripatetic School of Athens



- Go for a walk
- With a friend (or two)
- Across the creek
- Discuss Ideas

Phones off (obviously).  
Live in the moment.  
Be present with  
nature, your friend(s),  
and ideas.



# Active Transportation: Walk & Bike

- Addresses major global challenges with inexpensive, proven tech:
  - Climate change
  - Chronic disease
  - Inequity
- Saves tax dollars
  - Cheaper infrastructure
  - Reduced healthcare
- Plan your adult life to bike to work!



# Hand Health

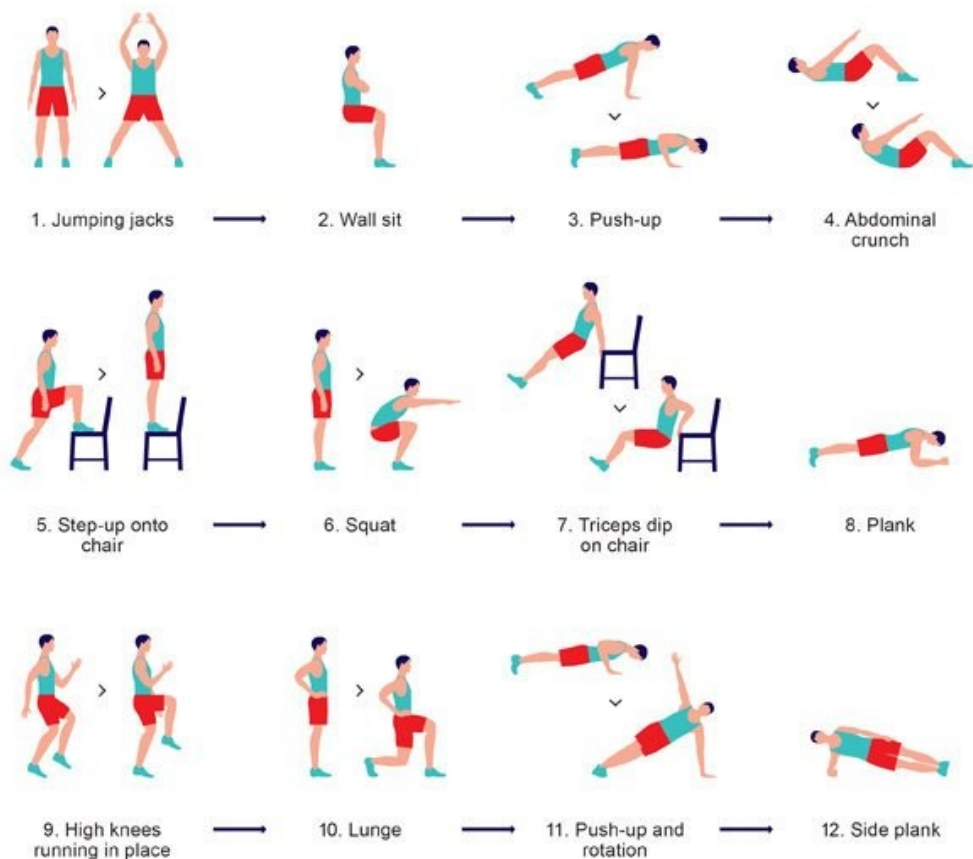
- You work with your hands!
- Take care of them.
- Stay strong
- Stay flexible
- Avoid RSI
  - Repetitive Strain Injury
  - e.g., Carpal Tunnel Syndrome
- <https://www.prevention.com/fitness/5-stretches-that-can-ease-your-carpal-tunnel-pain>





# The 7 Minute Workout

- Works entire body
- Just 7 minutes
- Equipment: a chair
- Lots of apps
- Lots of variations
- ***Try it once!***
- <https://well.blogs.nytimes.com/2013/05/09/the-scientific-7-minute-workout/>



# Tactical Breathing

Poster at Ontario  
Police College

- Inhale
- Hold
- Exhale
- Combat: 4-4-4
- Meditation: 4-7-8

THE BIG 4			
GOAL SETTING	VISUALIZATION	SELF TALK	TACTICAL BREATHING
<p><b>Specific:</b> your behaviour <b>Measurable:</b> see progress <b>Attainable:</b> challenging &amp; realistic <b>Relevant:</b> want it or need it <b>Time-bound:</b> set finish time</p> <p>Break it down into small manageable pieces</p>	<p>Be calm and relaxed Use all senses See positive mental images Keep it simple Use movement</p> <p>Rehearse it first to improve performance</p>	<p>Become aware of self-talk Stop the negative messages Replace with positive Practice thought stopping</p> <p>"I can do this." "I am trained and ready." "I will focus on what I can do."</p>	<p>Rule of 4: Inhale to count of 4 Exhale for count of 4 Practice for 4 minutes</p> <p>Breathe into the diaphragm.</p>
<p><b>AIR: Ad Hoc Incident Review</b> <b>1. Acknowledge</b> that something has happened, and listen. <b>2. Inform:</b> Check in &amp; apply the Mental Health Continuum Model <b>3. Respond:</b> Observe and follow-up</p>		<p>If you are concerned about signs of operational stress and poor mental health in yourself or a buddy, get it checked out. Resources include: Buddies Medical Officer Mental Health Team Chaplains Leaders Medics</p>	



# Quest 3: Dynamic

1. Walk + Talk
  - 1 time (across the creek)
2. Hand stretches + exercises
  - 3 times (3 different days)
3. 7-minute workout
  - 1 time
4. Tactical breathing
  - 3 times (3 different days)

*You demonstrate your professional honesty and integrity by telling us when you have completed each step of the Quest.*

# Appendix

## ***Hagiography of Theodore Roosevelt Sr.***

# T. Roosevelt Sr (1838-1871)

## ***Founder and/or Director:***

- New York City Children's Aid Society
- New York Children's Orthopaedic Hospital
- Metropolitan Museum of Art
- American Museum of Natural History

## Theodore Roosevelt Jr, on Sr:

“My father, Theodore Roosevelt Sr, was the best man I ever knew. He combined strength and courage with gentleness, tenderness, and great unselfishness. ***He would not tolerate in us children selfishness or cruelty, idleness, cowardice, or untruthfulness.*** As we grew older, he made us understand that the same standard of clean living was demanded the boys as for the girls.”