

Mind Body Mental Fitness (MBMF)



2025 Workshop Schedule

Reservations required for all workshops 1 week in advance.

For reservations or questions, please contact:

Fleet and Family Support Center at 760-939-4545 or email us at nawsc1_ffsc@us.navy.mil.

MBMF teaches stress resilience, mindfulness and meditation, living core values, flexibility, problem solving, and connection. Using these six session topics in combination with open discussion, Commands, Sailors and Families are able to form additional skills to build mental toughness in both their personal and professional lives.

Jan. 07	MBMF-1 Stress Resilience	2:00pm
Jan. 14	MBMF-2 Mindfulness & Meditation	2:00pm
Jan. 21	MBMF-3 Work Life Balance	2:00pm
Jan. 28	MBMF-4 Flexibility	2:00pm

Feb. 04	MBMF-5 Problem Solving	2:00pm
Feb. 11	MBMF-6 Connection	2:00pm

March 04	MBMF-1 Stress Resilience	2:00pm
March 11	MBMF-2 Mindfulness & Meditation	2:00pm
March 18	MBMF-3 Work Life Balance	2:00pm
March 25	MBMF-4 Flexibility	2:00pm

April 01	MBMF-5 Problem Solving	2:00pm
April 08	MBMF-6 Connection	2:00pm

May 06	MBMF-1 Stress Resilience	2:00pm
May 13	MBMF-2 Mindfulness & Meditation	2:00pm
May 20	MBMF-3 Work Life Balance	2:00pm
May 27	MBMF-4 Flexibility	2:00pm

June 03	MBMF-5 Problem Solving	2:00pm
June 10	MBMF-6 Connection	2:00pm

July 01	MBMF-1 Stress Resilience	2:00pm
July 08	MBMF-2 Mindfulness & Meditation	2:00pm
July 15	MBMF-3 Work Life Balance	2:00pm
July 22	MBMF-4 Flexibility	2:00pm
July 29	MBMF-5 Problem Solving	2:00pm

Aug. 05	MBMF-6 Connection	2:00pm
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Sept. 02	MBMF-1 Stress Resilience	2:00pm
Sept. 09	MBMF-2 Mindfulness & Meditation	2:00pm
Sept. 16	MBMF-3 Work Life Balance	2:00pm
Sept. 23	MBMF-4 Flexibility	2:00pm
Sept. 30	MBMF-5 Problem Solving	2:00pm

Oct. 07	MBMF-6 Connection	2:00pm
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Nov. 04	MBMF-1 Stress Resilience	2:00pm
Nov. 11	MBMF-2 Mindfulness & Meditation	2:00pm
Nov. 18	MBMF-3 Work Life Balance	2:00pm
Nov. 25	MBMF-4 Flexibility	2:00pm

Dec. 02	MBMF-5 Problem Solving	2:00pm
Dec. 09	MBMF-6 Connection	2:00pm

<p>Module 1 - Stress Resilience Learn that stress is not always bad in moderation and how to channel your stress into growth opportunities</p>	<p>Module 4 – Flexibility Learn how your thoughts, emotions and behaviors interact with each other and how they can be changed.</p>
<p>Module 2 - Mindfulness and Meditation Learn how being aware of the present moment with intention can improve mental fitness</p>	<p>Module 5 - Problem Solving Understand the basics of problem solving; build coping skills and healthy relationships.</p>
<p>Module 3 - Living Core Values Understand and define your values and how they can help you in the face of stressors to stay on course.</p>	<p>Module 6 – Connection Learn the importance of interpersonal connection and different communication styles</p>