

**WRAIR Minds, Ep. 101**  
Transcript

**Air date:** 27OCT20  
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**Runtime:** 14:27  
**Read by:** CPT TOM NASSIF

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[Music]

HELLO, AND WELCOME TO THIS FIRST EPISODE OF 'WRAIR MINDS,' A NEW PODCAST BY WALTER REED ARMY INSTITUTE OF RESEARCH, WHICH WE REFER TO AS 'RARE.' I'M YOUR HOST, ARMY CAPTAIN TOM NASSIF.

THIS BIWEEKLY PODCAST IS DEDICATED TO PROVIDING LISTENERS WITH TOOLS TO HELP THEM PRACTICE MINDFULNESS IN THEIR DAILY LIVES AS WELL AS INSIGHTS INTO THE RESEARCH THAT INCREASINGLY SHOWS THE VALUE OF MINDFULNESS. EACH EPISODE WILL FEATURE AN EXERCISE YOU CAN USE TO BEGIN -- OR BUILD ON -- YOUR OWN MINDFULNESS PRACTICES. EVERY NOW AND THEN, WE WILL ALSO SPEAK TO MINDFULNESS RESEARCHERS, PRACTITIONERS AND STUDENTS, BOTH IN AND OUTSIDE THE MILITARY, AND GIVE YOU UPDATES ON NEW FINDINGS IN MINDFULNESS RESEARCH.

BUT, BEFORE WE GET TO THIS EPISODE'S EXERCISE, WE SHOULD PROBABLY ANSWER SOME QUESTIONS YOU MAY BE ASKING, LIKE 'WHY IS THE ARMY CONCERNED ABOUT MINDFULNESS?' IT'S SIMPLE: WRAIR IS AN ORGANIZATION THAT RESEARCHES DISEASE, PSYCHOLOGY AND NEUROSCIENCE, ALL FOCUSED ON PROTECTING THE HEALTH AND IMPROVING

THE PERFORMANCE OF SOLDIERS. MINDFULNESS HAS BEEN SHOWN -- IN OUR RESEARCH AND OTHERS' -- TO IMPROVE ATTENTION, MOOD AND SLEEP; TO HELP THOSE WHO PRACTICE IT RECHARGE BOTH MENTALLY AND PHYSICALLY; AND TO ENHANCE PERFORMANCE AND DECISION-MAKING UNDER STRESS. IN OTHER WORDS, IT NOT ONLY MAKES OUR SOLDIERS BETTER AT WHAT THEY DO, IT HELPS THEM MAKE BETTER CHOICES AND LIVE BETTER LIVES.

AGAIN, WE WILL, OVER THE COURSE OF THIS SHOW, DELVE FURTHER INTO THE RESEARCH BEHIND MINDFULNESS. FOR NOW, LET'S GET TO THIS EPISODE'S EXERCISE.

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THE FIRST MINDFULNESS PRACTICE IS CALLED INNER RESOURCE. AND IT'S APPLICABLE TO ANYONE WHO FINDS THAT WHEN THE SITUATION IS CHAOTIC AND WE'RE OVERLY STRESSED AND OVERWHELMED WITH THE STRESS OF THE MOMENT, THAT IT'S REALLY HARD TO RESPOND, RATHER THAN REACTING IN THE HEAT OF THE MOMENT. AND CERTAIN MINDFULNESS EXERCISES CAN HELP US DEAL WITH THAT STRESS. AND IT ALSO CAN HELP US REGULATE OUR EMOTIONS SO THAT WE CAN ACTUALLY FEEL MORE GROUNDED, SECURE, AND SAFE. AND OUT OF THAT SPACE, MINDFULNESS CAN HELP US MAKE AN INFORMED DECISION. NOT A DECISION BASED ON STRESS OR ANXIETY OR CONCERN, BUT TO BE ABLE, ACTUALLY, TO STAY IN THE MOMENT AND EMBRACE THE MOMENT AND FEEL SAFE AND GROUNDED IN THAT MOMENT. SO FOR THIS FIRST PRACTICE, TAKE A MOMENT TO

SETTLE IN AND GET COMFORTABLE. YOU COULD BE SEATED IN A CHAIR, LYING ON THE FLOOR, OR STANDING. AND EYES CAN BE OPEN CLOSED OR JUST RELAXED. AND JUST BECOME AWARE OF THE BREATH, FLYING IN AND OUT WITH EACH INHALE AND EXHALE. NOW AS YOU BREATHE, YOU MIGHT NOTICE THE BELLY RISING AND FALLING WITH EACH BREATH. AND WITH EACH BREATH SETTLE INTO A DEEPER STATE OF EASE AND CALM. NOW LET'S TAKE A MOMENT TO DEVELOP YOUR INNER RESOURCE. THIS IS A PLACE WHERE YOU FEEL SAFE OR GROUNDED AND SUPPORTED. AND THIS COULD BE A PLACE YOU VISITED BEFORE. OR A BRAND NEW PLACE THAT YOU'RE DISCOVERING FOR THE FIRST TIME. HERE YOU FEEL TOTALLY AT EASE. SAFE AND SECURE TO BE YOURSELF WITHOUT CONCERN. COULD BE A SPECIAL ROOM. AND MAYBE A PLACE OUT IN NATURE. OR SOME OTHER LOCATION WHERE YOU FEEL COMPLETELY GROUNDED, PROTECTED, AND SECURE. WHERE YOU CAN REALLY LET GO, RELAX, FEEL AT EASE. AND ALLOW ALL OF YOUR SENSES TO COME INTO PLAY HERE AS YOU IMAGINE BEING IN THIS INNER RESOURCE. NOTICING SOUNDS THAT ARE SOOTHING AND CALMING. PERCEIVING SMELLS AND TASTES THAT ARE RELAXING AND PUT YOU AT EASE. THE TOUCH OF AIR ON YOUR SKIN, PERHAPS WARM OR COOL. AND COLORS AND LIGHT THAT ARE RELAXING AND CALMING. AND JUST NOTICING HOW THIS FEELS IN THE BODY AND IN THE MIND TO BE IN THIS INNER RESOURCE OF GROUNDING AND EASE. AND FEEL FREE TO INVITE ANYBODY HERE YOU WISH WHO FURTHER SUPPORTS YOU AND FEELING GROUNDED IN AND AT EASE SUCH AS FAMILY, FRIENDS, OR FELLOW SOLDIERS OR, MAYBE, ANIMALS OR A SPECIAL PET, JUST

INVITING ANYBODY HERE YOU WISH WHO FURTHER SUPPORTS YOU IN FEELING SAFE, SECURE, AND AT EASE. AND HERE, YOU FEEL SUPPORTED AND CALM. AND KNOW THAT EVEN AS THINGS ARE CONSTANTLY CHANGING AROUND YOU, YOUR PRESENCE IN THIS INNER RESOURCE REMAINS UNCHANGING. AND TAKE A MOMENT TO FEEL INTO THE BODY AND NOTICE WHERE YOU FEEL THIS GROUNDING CALM AND EASE IN THE BODY, PERHAPS, IN THE BELLY OR IN THE CHEST OR HEART REGION OR MAYBE SOMEWHERE ELSE. REALLY EXPERIENCE, FULLY EXPERIENCE YOUR INNER RESOURCE, AND KNOW THAT AT ANY TIME OF DAY OR NIGHT, WHEN YOU'RE, PERHAPS, CONFRONTED WITH STRESS OR CONCERN OR ANY DIFFICULT SITUATION, SIMPLY FEEL INTO YOUR INNER RESOURCE, KNOWING FROM THIS SPACE, YOU CAN RESPOND AND MAKE DECISIONS THOUGHTFULLY AND WITHOUT BIAS, WITHOUT JUDGMENT BUT MAKING DECISIONS FROM A PLACE OF GROUNDING CALM AND SECURITY. AND AS YOU'RE READY, GRADUALLY BEGIN TO INVITE SOME MOVEMENT TO YOUR FINGERS AND TOES DEEP IN YOUR BREATH. AND BEGIN TO OPEN THE EYES AND RETURN TO YOUR EVERYDAY WAKING LIFE.

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'WRAIR' MINDS IS HOSTED BY ME, CAPTAIN TOM NASSIF. IT'S A PRODUCT OF THE WALTER REED ARMY INSTITUTE OF RESEARCH, COMMANDED BY COLONEL CLINT MURRAY, AND THE U-S ARMY MEDICAL RESEARCH AND DEVELOPMENT COMMAND, COMMANDED BY BRIGADIER GENERAL MICHAEL TALLEY.

TODAY'S FINAL THOUGHT COMES FROM W-H AUDEN, WHO WROTE "CHOICE OF ATTENTION -- TO PAY ATTENTION TO THIS AND IGNORE THAT -- IS TO THE INNER LIFE WHAT CHOICE OF ACTION IS TO THE OUTER. IN BOTH CASES, A MAN IS RESPONSIBLE FOR HIS CHOICE AND MUST ACCEPT THE CONSEQUENCES, WHATEVER THEY MAY BE."

THANKS FOR LISTENING!

WE'LL SEE YOU IN TWO WEEKS.