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The United States Army's Ready and Resilient Campaign

Our Army demonstrates exceptional skill, adaptability and courage as we continue to fight our Nation's wars, respond to domestic and international disasters and deter would-be aggressors. We are exceedingly proud of the accomplishments of our Soldiers, Civilians and their family members, which are a direct result of their professionalism, patriotism and dedication. We also know that for the last 12 years of war and as we move into the future, we will continue to ask our entire Army family to make sacrifices.

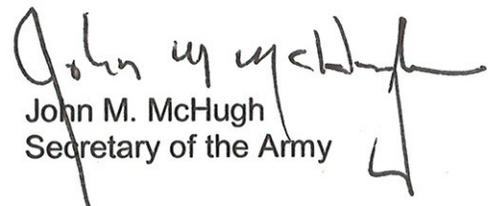
The Army remains a highly trained and well-equipped force. However, we have faced numerous challenges such as the stress of combat, illness, injury and the strain placed on our relationships. These adversities, coupled with the display of high risk behaviors, have affected the overall readiness of our force. Simply put, there are no short term solutions.

The Ready and Resilient Campaign is a far-reaching and comprehensive campaign to enhance individual and collective resilience in order to improve readiness across the Total Army (Active, National Guard, and Army Reserve), Civilians, and Family Members. This program will integrate and synchronize Army programs aimed at improving physical, psychological and emotional health. Specifically, it integrates and synchronizes the multiple Army-wide efforts that are designed to improve physical, psychological and emotional health in order to enhance individual performance and increase overall unit readiness. We must ensure that individuals understand and have access to effective programs and feel empowered to seek help.

We expect every leader to fully support the campaign by incorporating resilience training into all educational and professional development programs. Soldiers of all ranks must practice skills that build resilience as part of our collective effort to sustain a strong Army team. Finally, we trust our leaders to understand they must lead from the front to create cohesive and resilient units and organizations. *Army Strong!*


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