

READY AND RESILIENT

KEY MESSAGES

WHAT IS READY?

The ability to accomplish assigned tasks or missions through resilience, individual and collective team training, and leadership.

WHAT IS RESILIENCE?

Resilience is the mental, physical, emotional, and behavioral ability to face and cope with adversity, adapt to change, recover, learn and grow from setbacks.

WHAT'S DIFFERENT?

The Ready and Resilient Campaign integrates and synchronizes multiple efforts and programs to improve the readiness and resilience of the Army Family - Soldiers (Active Duty, Reserve, National Guard), Army Civilians and Families. Ready and Resilient creates a holistic, collaborative and coherent enterprise to increase individual and unit readiness and resilience. Ready and Resilient will build upon physical, emotional and psychological resilience in our Soldiers, Families and Civilians so they improve performance to deal with the rigors and challenges of a demanding profession.

Specifically, Ready and Resilient will ...

- Integrate resilience training as a key part of the Army's professional military education throughout a Soldier's career from induction through separation or retirement.
- Synchronize and integrate key Army programs to reduce or eliminate suicide and suicidal ideations; sexual harassment and sexual assault; bullying and hazing; substance abuse; domestic violence; and any stigma or barriers associated with seeking help.
- Develop improved methods to provide Leaders and Commanders timely and accurate information and metrics to aid them in better identifying "at risk" and "high-risk" Soldiers, enabling early intervention.
- Continue to improve the Integrated Disability Evaluation System (IDES) to shorten processing times and improve the services provided to Soldiers and their Families.



U.S. ARMY

READY AND RESILIENT



AN ARMY SOLDIER ...

- Is a skilled professional who lives by the Soldier's Creed and Army Values
- Manages sleep, diet and mind/body conditioning to become stronger and optimize performance
- Is self-aware, seeks help when needed and intervenes to help others, treats all with dignity and respect

AN ARMY FAMILY ...

- Is an essential member of the Army Team
- Is able to thrive and remain strong through deployments, reassignments, and adversity
- Is aware of resources, willing to seek help for themselves and their Soldier when needed

AN ARMY CIVILIAN ...

- Is a skilled professional who lives by the Civilian Corps Creed and Army Values
- Works with strong Army Soldiers to provide stability and continuity during war and peace
- Is a valued Army Team member, crucial to military operations support and provides full complement to military occupational specialties.

AN ARMY LEADER ...

- Leads by example, sets and enforces high standards, and holds themselves and others accountable
- Establishes a climate that fosters resilience and trust
- Knows their team and equips them with the skills to achieve missions, overcome challenges and grow

AN ARMY UNIT ...

- Is well-led and cohesive, with members proud to be part of the team
- Is trained, resourced and equipped to accomplish assigned tasks and quickly adapt to future missions
- Is stronger and more resilient than the sum of its individual parts



For more information, visit: www.army.mil/readyandresilient

For public affairs products, visit the AKO Public Affairs Portal: www.us.army.mil/suite/page/216363

