Why Is It Important?

- A healthy mind and body are essential to individual and unit readiness
- Resilience combines mental, emotional, and physical skills to generate optimal performance (i.e. readiness) – in combat, healing after injury, and in managing work and home life
- Resilient individuals are better able to bounce back and overcome adversity by leveraging mental and emotional skills and behavior by seeking out training
- Individual resilience can be built, maintained, and strengthened when viewed as an enduring concept and acquired through regular training

What's Different?

Based on lessons learned from a decade of war, Ready and Resilient formalizes ...

- **Whole-person Concept**: Recognizes an individual's ability to bounce back from adversity (resilience) as a key component of individual performance and unit readiness
- **Training & Education**: Resilience is increased through education and training, from peer-to-peer teamwork, recruitment, during service and at separation
- **Holistic Approach**: Better synchronizes and optimizes current readiness and resiliency training and education programs, and creates measures to improve readiness
- **A Stigma-Free Climate**: Soldiers Don't Quit. If we get knocked down, we help each other get back up, dust ourselves off and get back into the fight

"WE HAVE LONG KNOWN OUR ARMY IS THE BEST TRAINED, BEST EQUIPPED, AND BEST RESOURCED FORCE IN THE WORLD; GOING FORWARD, OUR ARMY SHOULD ALSO BE THE "MOST RESILIENT" FORCE IN THE WORLD WITH EVER-INCREASING CHALLENGES. FROM OUR INDIVIDUAL SOLDIERS AND CIVILIANS TO OUR UNITS AND FAMILIES, WE MUST BE COMMITTED TO INVESTING IN BUILDING ENDURING STRENGTH IN A HOLISTIC WAY."

John M. McHugh - Secretary of the Army

"SOLDIERS ARE AND WILL ALWAYS BE THE CENTERPIECE OF OUR ARMY. THE READINESS AND RESILIENCY OF OUR SOLDIERS, CIVILIANS AND FAMILY MEMBERS IS DEPENDENT ON THEIR PHYSICAL, MENTAL AND EMOTIONAL FITNESS. TO ENSURE THE HEALTH AND WELL-BEING OF THE ENTIRE TEAM, OUR GOAL IS TO INVEST IN AND IMPROVE THE PERFORMANCE OF EVERY INDIVIDUAL ON THE TEAM. OUR SUCCESS REQUIRES ENGAGED LEADERSHIP AT ALL LEVELS, A COLLABORATIVE AND MULTIDISCIPLINARY APPROACH, AND EFFECTIVE PRIORITIZATION OF RESOURCES."

GEN **Raymond T. Odierno - Army Chief of Staff**

www.army.mil/readyandresilient

U.S.ARMY

READY AND RESILIENT

"THROUGHOUT THE PAST DECADE OF PERSISTENT CONFLICT, ARMY PROFESSIONALS HAVE EXCEEDED STANDARDS AND DISPLAYED UNPARALLELED DISCIPLINE WHERE IT COUNTS - ON THE BATTLEFIELD. THROUGH A FOCUS ON RESILIENCY, WE WILL CONTINUE TO BE READY TO TAKE ON ANY MISSION"

Raymond F. Chandler - Sergeant Major of the Army

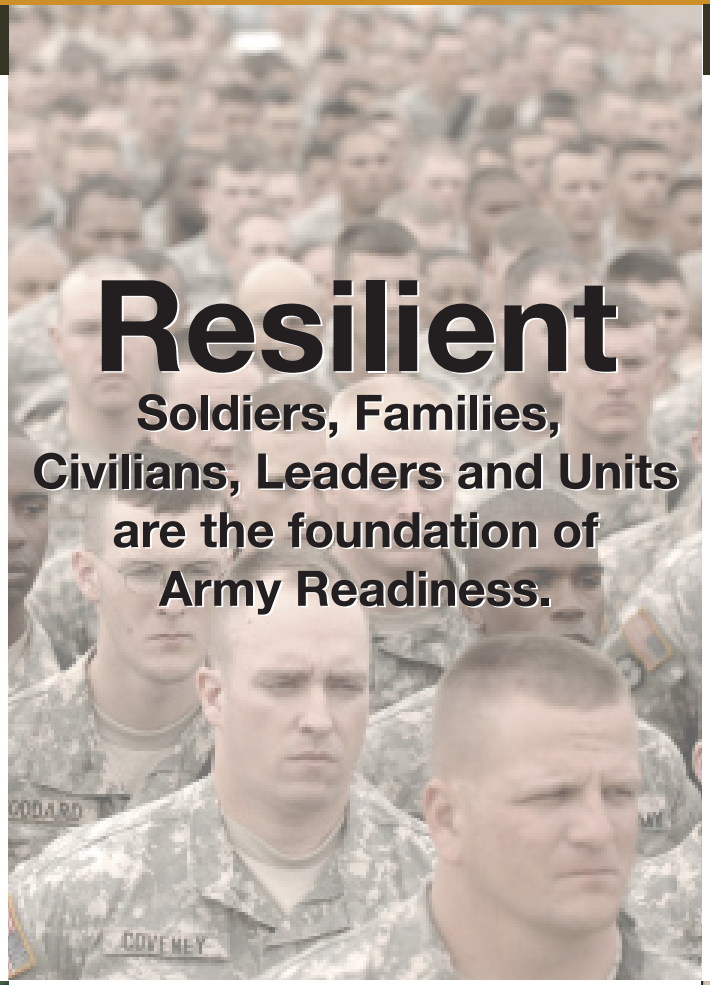
READY AND RESILIENT

An Army Soldier ...

- Is a skilled professional who lives by the Soldier's Creed and Army Values
- Works with strong Army Civilian teammates who embody the same resilient characteristics
- Is a valued member of the Army Team who treats all with dignity and respect
- Manages sleep, diet and mind/body conditioning to become stronger and optimize performance
- Bounces back from adversity to thrive and meet goals and objectives
- Is self-aware, seeks help when needed and intervenes to help others, treats all with dignity and respect
- Embraces challenges, solves problems, continuously learns, improves and strengthens

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, and willing to seek help for themselves and their Soldier when needed
- Supports other families, connects with their community and makes positive contributions



Resilient

Soldiers, Families, Civilians, Leaders and Units are the foundation of Army Readiness.

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
- Seeks out training and self development opportunities to strengthen readiness and resilience

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
- Teaches, coaches and mentors team members through positive thinking and effective problem solving
- Follows a moral compass of integrity

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 comprised of members who provide each other and their families strength and encouragement in all situations and conditions
- Is stronger and more resilient than the sum of its individual parts

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.