



READY AND RESILIENT

STRENGTHENING READINESS AND RESILIENCE

Develop the skills and strengths needed to keep you mission ready

WHY IT MATTERS

Building proactive actions and attitudes that renew energy and reinforce commitment to taking care of oneself and others fosters a culture of trust.

The Five Dimensions of Personal Readiness



PHYSICAL

Maintaining good physical health promotes good mental health, greater self-esteem, and a better ability to do your job effectively.
Creating and maintaining an environment to support healthy choices helps you sustain long-term physical and mental wellness.
Seeking medical care for aches and pains helps address problems early and enhances your well-being.



PSYCHOLOGICAL

Directly addressing and overcoming fears removes sources of anxiety and stress, while improving life satisfaction and morale.
Maintaining realistic optimism helps to counter negativity bias, create positive emotion, and combat life's stressors.
Practicing self-control helps regulate impulsive behaviors and improves decision making, resulting in healthier outcomes.



SOCIAL

Cultivating strong relationships with family and friends can ease the demands of the military lifestyle and provide sources of support and encouragement that allow individuals to thrive.
Avoiding isolation when faced with stressors helps you share your concerns, rather than bear them alone.
Engaging in help-seeking behavior is the first step to self-care and long-term wellness.



SPIRITUAL

Honoring the Army Values in daily life builds strong character and guides you to do what's right.
Volunteering and helping others can enhance self-esteem and one's sense of purpose and belonging.
Developing associations with others who share your world view, faith, or religion provides a source from which to draw strength and offers a sense of belonging to a group of like-minded individuals.



FAMILY PREPAREDNESS

Fostering a way for your family to be a part of the military community can help them enhance their sense of belonging, develop friendships, share information and provide mutual support.
Communicating regularly and scheduling time to be together can help build strong family ties.
Taking proactive action to meet financial challenges and obligations can reduce stress and improve confidence in navigating other important decisions to reach future goals.

Promoting the strengthening of these actions enhances resilience and sustains readiness.

For more information, consult the *Leader's Guide For Building Personal Readiness and Resilience* available at readyandresilient.army.mil under "Resources."