

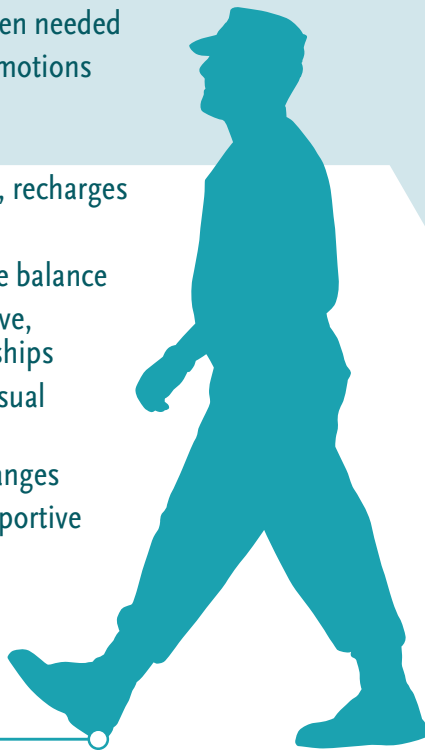
INVISIBLE WOUNDS.

BE READY. TAKE ACTION. POSITIVE RESULTS.

WHICH SIDE DESCRIBES YOU?

RESILIENT

- Asks for help when needed
- Acknowledges emotions
- Knows personal, emotional limits
- Proactively rests, recharges
- Positive outlook
- Healthy work/life balance
- Maintains positive, healthy relationships
- Participates in usual social activities
- Adaptable to changes
- Empathetic, supportive of others



NEEDS SUPPORT

- Trouble sleeping, insomnia
- Constant intrusive negative thoughts
- Excessive stress, worry
- Negative behavior changes
- Mood swings
- Self-deprecating, negative comments
- Forgetful, distracted
- Disinterest in usual activities
- Social withdrawal
- Negative coping methods
- Alcohol, substance abuse
- Internalizes emotions



Reach out to trusted advocates (family, friends, Leadership), Chaplains, Military Treatment Facility (MTF), Military and Family Life Counseling (MFLC) Program.



Learn more about invisible wounds and resources at
www.MissionReadyForce.com



VISIT IWI