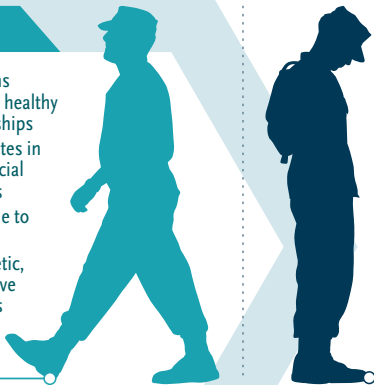


INVISIBLE WOUNDS.

BE READY. TAKE ACTION. POSITIVE RESULTS.

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 or Family Life Counseling (MFLC) Program if you are in need of support.



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

