

MONTH 1

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Airmen who are emotionally and mentally resilient typically display behaviors like asking for help when needed, having a healthy work/life balance, and acknowledging their emotions. Learn about additional traits of resilience by visiting www.MissionReadyForce.com.

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If you've ever experienced or witnessed a traumatic incident, you could be at risk for developing an invisible wound. #Invisiblewounds can be caused by a traumatic event, including death; blows to the head; combat exposure; blast exposure; serious accidents; sexual assault; and/or physical or emotional abuse. Know your risk and take action. Visit www.MissionReadyForce.com.

Instagram

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