



INVISIBLE WOUNDS.

AIRMEN READINESS. TAKE ACTION. POSITIVE RESULTS.

Prioritize mental health. Make sure you and your fellow Airmen are emotionally and mentally resilient at home and on duty. You may exhibit any of the following traits. If you're feeling off, speak up and ask for help.

An invisible wound is post-traumatic stress disorder (PTSD); traumatic brain injury (TBI); or other cognitive, emotional, or behavioral conditions associated with trauma experienced by an individual.

Which side describes you?

RESILIENT

- Resilient in stressful situations
- 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



If you or someone you know are in need of support, talk to someone and encourage each other to seek help.

Trusted Advocates
(Family, Friends, Leaders)

Chaplains
☎ Call _____

Military and Family Life Counseling (MFLC) Program
☎ Call _____

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



**MENTALLY STRONG.
PHYSICALLY FIT.
MISSION READY.**