



BRINGING WARRIOR TOUGHNESS TO LIFE

Supporting Each Other Through Stress

Stress is part of life in the Navy. Recognizing stress in yourself, and others, is the best way to open two-way, meaningful support and communication. Warrior Toughness emphasizes Emotional Intelligence (EQ), which is the ability to understand and manage your own emotions as well as the ability to recognize and influence the emotions of others.

BEST PRACTICES FOR BUILDING KEY COMPONENTS OF EQ

RECOGNIZE AND UNDERSTAND YOUR MOODS, EMOTIONS, AND MOTIVATIONS, AS WELL AS THEIR EFFECT ON OTHERS



- Recognize your emotions.
- Keep a journal.
- Slow down.
- Practice mindfulness.
- Re-examine your Warrior Ethos.

CONTROL OR REDIRECT DISRUPTIVE IMPULSES AND MOODS INCLUDING THE ABILITY TO THINK BEFORE SPEAKING AND ACTING



- Know your values.
- Hold yourself accountable.
- Practice being calm.
- Use flexible thinking.
- Practice gratitude.

DRIVE TO ACHIEVE FOR THE SAKE OF ACHIEVEMENT AND TO PURSUE GOALS WITH ENERGY AND PERSISTENCE



- Practice sacrificial service.
- Be hopeful and confident in your efforts.
- Practice optimism.

UNDERSTAND THE EMOTIONAL MAKEUP OF OTHER PEOPLE AND CONSIDER OTHERS' FEELINGS



- Put yourself in someone else's position.
- Pay attention to body language.
- Acknowledge the feelings of others.

MANAGE RELATIONSHIPS, BUILD NETWORKS, AND INCLUDE AN ABILITY TO FIND COMMON GROUND AND BUILD RAPPORT



- Learn conflict resolution.
- Improve your communication skills.
- Learn to praise others.

Visit [MyNavy HR](#) for more information about Warrior Toughness.

