



# WARRIOR TOUGHNESS

## Combat and Operational Stress First Aid (COSFA)

Promote Calmness

Connect With Resources



Restore Self-Esteem

Address Stress Injuries

Help fellow Sailors reach the green zone.

TOTAL SAILOR FIT TO FIGHT



Scan this QR code to learn more about Warrior Toughness, or visit [www.mynavyhr.navy.mil](http://www.mynavyhr.navy.mil) for more information.

