



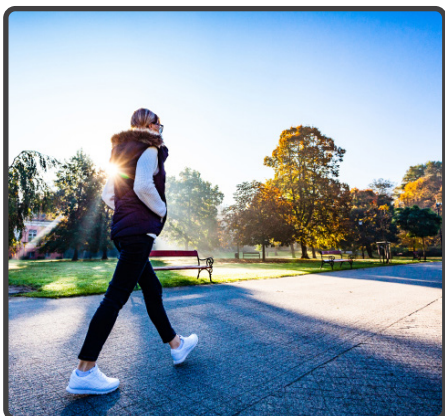
WARRIOR TOUGHNESS: CRITICAL SKILLS

Intentional Recovery: Reset and Return

BE DELIBERATE AND PURPOSEFUL ABOUT RESTORATIVE ACTIVITIES

Intentional recovery is a skill set to reset and recover from stress enabling one to perform at their peak through disciplined and deliberate restorative activities.

RECHARGE



RESET



REFOCUS



Build your routine with activities that build toughness and fuel resilience.

✦ **WORKDAY** ✦ **POST-DUTY** ✦ **LIBERTY** ✦ **LEAVE**

Visit [MyNavy HR](#) to learn more about Warrior Toughness.

