



WARRIOR TOUGHNESS: CRITICAL SKILLS

Understanding Stress

WHY IT MATTERS



LEVERAGE STRESS
PERFORM UNDER PRESSURE
STAY MISSION FOCUSED
STAY MISSION READY

USE STRESS TO YOUR ADVANTAGE

Stress can help you:

Sharpen your thinking.
Improve decision-making.
Build toughness.
Build resilience.

Mindfulness

Train your brain to respond, not react.

- Practice breathing while moving.
- Stay present in the moment.
- Reduce emotional reactivity.

Valued Living

Acting on your values makes stress easier to manage.

- Know your “why”.
- Let values guide decisions.
- Build internal motivation.

Flexible Thinking

Adaptability lowers stress and expands your options.

- Reframe the situation.
- Stay open to options.
- Focus on what you can control.

Healthy Behaviors

Physical readiness supports mental resilience.

- Prioritize sleep and recovery.
- Fuel up with good nutrition.
- Keep moving and stay fit.

Problem Solving

Action is the antidote to feeling overwhelmed.

- Break down the problem.
- Identify next steps.
- Stick to a simple plan.

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

