



# WARRIOR TOUGHNESS

## Understanding Stress



**Stress  
Shapes Our  
Growth**

**Stress  
Drives Us  
to Act**

**Stress  
Shapes Our  
Mindset**

**Turn stress into your  
toughness superpower.**

**TOTAL  
NAVY 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.

