

# TRAIN YOUR MIND

## RESILIENCE

Resilience is a process that requires adopting productive thoughts, actions and habits that can be learned.

## READINESS

Mental readiness refers to the capacity to think, feel and act in a way that enhances performance in demanding environments or with occupational or combat-specific tasks.

## MASTER RESILIENCE TRAINER – PERFORMANCE EXPERTS

MRT-PEs can help individuals and teams understand and enhance the mental side of performance, maximize the benefits of training and provide skills and techniques to develop strong teams.



**DIRECTORATE OF  
PREVENTION, RESILIENCE  
AND READINESS**

For more ways to strengthen your resilience, connect with us at [www.armyresilience.army.mil](http://www.armyresilience.army.mil).

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