



I CAN
I WILL

**I can, I will stay
mission ready.**

Keep my mind and body fit, no excuses.

**Strive for progress,
not perfection.**

Get back up and try again.

I GOT THIS

I can, I will live life. Like a boss.

CHOOSE STRENGTH OVER FEAR.

#REALSTRENGTH

Stay connected to friends and family.

**Reaching out is a
sign of strength.**

Seek care early, treatment works.

**REAL WARRIORS ★ REAL BATTLES
REAL STRENGTH**

Health.mil/RealWarriors

Call/chat with a health resource
consultant 24/7 for assistance
accessing care at 866-966-1020
or health.mil/PHRC and
click "Live Chat"

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