With the right support, anyone can THRIVE!

Your ability to thrive can be developed and strengthened to help you emerge stronger and better after navigating a stressful experience. Sailors, Marines and their families are sometimes asked to do things most people can’t do, be in situations most people can’t handle or make decisions most people couldn’t fathom. You can build and use positive coping skills to protect you from the negative effects of high stress situations. Your leaders and relationships with others all play a role in helping you THRIVE in your community.

Looking for more resources on how you or someone you know can become more resilient and thrive in your community? Check out these sites:


Real Warriors: [http://realwarriors.net/](http://realwarriors.net/)

Military OneSource: [http://www.militaryonesource.mil/](http://www.militaryonesource.mil/)

