



IMPROVISE, ADAPT AND OVERCOME, an unofficial mantra of U.S. Marines (and quote from Clint Eastwood), is the ultimate resilience mindset. Approaching problems from the perspective that there is a way to solve them and that you can find it, is a hallmark of psychologically healthy service members. As always, add some **SEMPER GUMBY** for good measure. #MilPsychJargon