

Resilience Program

Table of Contents

[Summary](#)

[Five Dimensions of Strength](#)

[Quick Guide: Soldier Global Assessment Test \(GAT\)](#)

[Quick Guide: Family Global Assessment Test \(GAT\)](#)

[Frequently Asked Questions](#)

[Links](#)

[Points of Contact](#)

Summary

The Resilience Program is focused on meeting the needs of Soldiers, Civilians, Veterans, Retirees, and Families throughout their lifecycle to maximize performance, readiness, recruiting, and retention. The individual is responsible for their own well-being, but the Army is responsible for creating and sustaining an environment that supports their well-being. The program focus is to provide Commanders a flexible, scalable template for integrating resilience into the lives of their Soldiers, Families, and Civilians by developing policies, addressing issues, and improving and integrating programs that will increase Soldier and Family resilience. A key component of the Resilience Program is the Army's Comprehensive Soldier Fitness Program.

[Back to top](#)

Five Dimensions of Strength

Name	Description
Physical	Performing and excelling in physical activities that require aerobic fitness, endurance, strength, healthy body composition and flexibility derived through exercise, nutrition and training.
Emotional	Approaching life's challenges in a positive, optimistic way by demonstrating self-control, stamina and good character with your choices and actions.
Social	Developing and maintaining trusted, valued relationships and friendships that are personally fulfilling and foster good communication including a comfortable exchange of ideas, views, and experiences.
Family	Being part of a family unit that is safe, supportive and loving, and provides the resources needed for all members to live in a healthy and secure environment.
Spiritual	Strengthening a set of beliefs, principles or values that sustain a person beyond Family, institutional, and societal sources of strength.

[Back to top](#)

Quick Guide: Soldier Global Assessment Test (GAT)

1. Access the [Global Assessment Test \(GAT\) – Soldier Website](#)

2. Log in with Common Access Card (CAC) or with your Army Knowledge Online (AKO) user ID and password
3. Answer the questions accordingly

[Back to top](#)

Quick Guide: Family Global Assessment Test (GAT)

1. Access the [Global Assessment Test \(GAT\) – Family Website](#),
2. Log in with Common Access Card (CAC) or with your Army Knowledge Online (AKO) user ID and password
3. Answer the questions accordingly

[Back to top](#)

Frequently Asked Questions

Q. What is Resilience?

- A. Resilience is “the personal - physical, material, mental, and spiritual - state of Soldiers (Active, National Guard and Reserve), Retirees, Veterans, Civilians, and their Family members that contributes to their preparedness to perform and support the Army’s mission.” Army Resilience is a concept that encompasses and expands upon Quality Of Life successes by providing a standardized, integrated holistic approach to programs at the Soldier, community/installation and senior leadership levels.

Q. What are the Army National Guard Resilience goals?

- A. Army Resilience embraces the ideas to live, connect, and grow to execute the following philosophy:
- Implement a comprehensive strategy that integrates the spectrum of Resilience initiatives, programs, and resources to meet the Resilience needs of the Soldiers, Civilians, Retirees, Veterans, and Families
 - A competitive standard of living for all Soldiers, Veterans, Civilians, and their Families (to live)
 - A unique culture, sense of community, and a record of accomplishment that engenders intense pride and sense of belonging amongst Soldiers, Veterans, Civilians, and their Families (to connect)
 - Provide an environment that allows Soldiers, Civilians, Retirees, Veterans and their Families to enrich their personal life by achieving their individual aspirations (to grow)
 - Ensure leadership that maximizes the positive, combined effect of intangibles on the outcomes of Army Resilience related programs and the integrity of the institutional strength of the Army and its people

Q. Why is the Army changing to this new Resilience effort?

- A. Leadership recognized there is not a system that integrates and incorporates quality of life initiatives into a holistic system. The resilience framework allows leadership to evaluate the effectiveness of programs from a readiness point of view. Using

standards and metrics linked to program goals and objectives and Army goals and objectives, a better picture is provided to commanders and leaders of how well the effort is doing in resourcing and planning for all Resilience related programs. Resilience is not the proponent or manager of the various programs, but rather brings all of them together to ensure consistency and effective delivery of the programs, which in turn leads to better services and programs.

Q. What is Comprehensive Soldier Fitness?

A. The mission of Comprehensive Soldier Fitness is to develop and institute a holistic fitness program for Soldiers, Families, and Civilians to increase performance and build resilience.

Q. What is the Global Assessment Tool (GAT)?

A. The GAT provides a person with a baseline in the four dimensions of strength (emotional, social, spiritual, and Family) and provides an opportunity to track self-development and growth in these areas over time.

Q. What is resilience?

A. The ability to grow and thrive in the face of challenges and bounce back from adversity.

Q. What is the Master Resilience Trainer (MRT) course?

A. The MRT course is intended to teach how to impart resilience skills to Soldiers, Family members, and Civilians. MRTs are one component of the Comprehensive Soldier Fitness which is the Army's strategy to increase resilience and enhance performance by developing the five dimensions of strength: social, emotional, spiritual, Family and physical. This train-the-trainer course, currently civilian-based, is designed to instruct teachers on how to impart resilience skills in their students.⁵

[Back to top](#)

Links

- [Army Comprehensive Soldier Fitness](#)
This website provides the mission and vision of the Army's Comprehensive Soldier Fitness Program, resources, and hyperlinks for Soldiers and their Families to take the Global Assessment Tool (GAT).
- [Holistic Guard Fitness](#)
This website is Army National Guard Holistic Guard Fitness Program homepage and provides the program's mission, vision, & goals, hyperlinks to Resilience links, and news articles.
- [Global Assessment Tool \(GAT\) – Family](#)
This is the direct website where Family members can access the GAT by logging in with a Common Assess Card (CAC) or with Army Knowledge Online (AKO)

user ID and password. Soldiers may need to assist Family members in accessing this website.

- [Global Assessment Tool \(GAT\) – Soldier](#)
This is the direct website where Soldier can access the GAT by logging in with a Common Assess Card (CAC) or with Army Knowledge Online (AKO) user ID and password.
- [Hooah 4 Health](#)
This website provides a list of health related topics regarding a person's body, mind, spirit, and environment.
- [U.S. Army G1 Deputy Chief of Staff – Human Resources: Well-Being](#)
This website is the Army Resilience program homepage providing information about the program, the vision, and additional resources.

[Back to top](#)

Points of Contact

- Office of ARNG G1
Soldier Family Support and Services Division (Resilience and Risk Reduction Branch)
Work: (703) 607-0943
111 S. George Mason Drive
Arlington, VA 22204

[Back to top](#)

02 AUG 10