



Unit, Personal, and Family Readiness



DO THE RIGHT THING

Maintaining personal and family well-being is the bedrock of a satisfying life and builds resiliency in everyone involved. Your resiliency “well” gets drawn from a lot in the Corps; you must make an effort to fill it through strong relationships and a happy heart. Don’t ignore your mental health or loved ones. Make sound and thoughtful decisions to ensure your “well of resilience” doesn’t needlessly run dry. Keep your family in mind when making decisions. Things you may not feel are significant can have large implications on others in your family and life. Everyone gets out of the Marine Corps eventually, but family will always be there. Ensure you are also helping contribute to their resiliency “well” when you can.

TAKE CARE OF EACH OTHER

Taking care of each other does not just refer to those Marines on the Morning Report. It refers to the whole Phoenix Family. Loved ones enrich our lives and help develop our individual resiliency, value, and identity. To effectively do that, our families need to be considered and informed. All Hands should help maintain an open dialogue between families, each other, and the Command. It’s not a one-way relationship. If a Marine’s family member is struggling, that Marine is struggling, and it is the Community’s (that is, all of us) responsibility to look out for each other. We can’t always help personally, so it’s important to know the resources available to assist – the Chaplain, Military OneSource, and Marine Corps Family Team Building are just some of those. Learn about them and how to use them to help each other.

TAKE CARE OF YOURSELF

Marines pride themselves on being “Always Ready!” That readiness includes family personal readiness. Thoughtfully plan to ensure your financial and personal affairs are in order now so loved ones aren’t further distraught if something untimely happens to you. During your service, be mindful of your family ties and relationships. If your “well” is running

low, seek help! I, SgtMaj, our Deployment Readiness Coordinator, and our Chaplain, are all here to assist.