



Navy Reserve

Ready Now. Anytime, Anywhere.



Vice Adm. Robin R. Braun
Chief of Navy Reserve
Commander, Navy Reserve Force

Mission

The mission of the Navy Reserve is to deliver strategic depth and operational capability to the Navy, Marine Corps, and Joint Forces.

Strategic Imperatives

- Keep pace with Navy's future capabilities
- Maintain a ready force for tomorrow
- Actively employ each Sailor's unique capabilities
- Deliver technologically advanced solutions
- Develop transformational leaders



FORCM (AW/SW) CJ Mitchell
Navy Reserve Force Master Chief

Our Strength is our People...Every Sailor Matters

FTS/SELRES Onboard (as of 14 Oct)	57,297
Selected Reserves (SELRES)	47,407
Enlisted	34,486
Officer	12,921
Mobilized to Active Duty	2,631
Active Duty Special Work	509
Annual Training	1,615
Active Duty for Training	2,469
Total Reserve Performing Operational Support (25%)	14,073
SELRES Mobilizations (Boots on Ground as of 8 Oct)	
NORTHCOM	396
SOUTHCOM	147
EUCOM	18
AFRICOM	330
CENTCOM	878
PACOM	3
OCONUS	1,565
CONUS	396
RC Funeral Honors Provided FY15	43,229
Sailors Performing Honors	104,745
Total Man Hours Support	360,226

Navy Operational Support Centers	123
Full Time Support (FTS)	9,890
Officer	1,541
Enlisted	8,349
RC HQ/Staff Support	3,359
Operational Support	6,531
Deployed (OEF/OIF)	19
Individual Ready Reserve (IRR)	56,100
Active Status Pool (ASP)	53,353
Voluntary Training Unit (VTU)	2,747
VTU Mobilized to Active Duty	113
VTU Active Duty Special Work	49
VTU Active Duty for Training	63
SELRES and VTU by Region (as of 14 Oct)	
NR Mid-Atlantic RCC Great Lakes	5,478
NR Mid-Atlantic RCC Norfolk	11,777
NR Southeast RCC Jacksonville	8,346
NR Southeast RCC Fort Worth	7,188
NR Southwest RCC San Diego	10,138
NR Northwest RCC Everett	3,609

Opportunities

To receive real-time access to current Enlisted and Officer mobilizations, ADT/ADSW and Recall opportunities directly to your civilian or government email accounts, sign up now for Govdelivery notifications at:

<https://public.govdelivery.com/accounts/USNRFC/subscribers/new>

Leadership

Secretary of the Navy, Honorable Ray Mabus
Chief of Naval Operations, ADM John Richardson
Vice Chief of Naval Operations, ADM Michelle J. Howard
Chief of Navy Reserve, VADM Robin R. Braun
Cmdr., Navy Reserve Forces Command, RADM Eric Coy Young
Cmdr., Naval Air Force Reserve, RDML Mark Leavitt
Cmdr., Information Dominance Corps Reserve Command, RDML Daniel J. MacDonnell
Force Master Chief, FORCM (AW/SW) CJ Mitchell



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Sailor Resiliency

Resiliency: Meeting the Challenges of Stressful Life Events

Resilience (n): the ability to cope effectively with life challenges

Resilience can best be understood as a type of response to intense stress. By definition, resilience means "bouncing" or "returning to form." Resilience to stress is not the same as resistance to stress because resistance implies there is no response to stress.

Suggestions for developing and maintaining resilience include:

- Keep a positive outlook.
- Use people who are great at dealing with stress as role models.
- Find an opportunity for growth in every stressful situation.
- Calm and comfort yourself.
- Try to recharge before facing the next challenge.
- Find something to laugh about.

Ways to handle a situation better the next time include:

- **Spirituality:** Pray or meditate. Lean on a faith in God or a higher power. Rely on a value system or set of guiding life principles.
- **Active Coping:** Take action to fix things. Don't give up trying to solve problems. Find a way to get help when it is needed. Face fears. Look at a problem in a number of ways. Look for creative solutions to the problem.
- **Self-Confidence:** Expect that you can handle the problem. Know that you will bounce back from the stressful situation.
- **Learning and Making Meaning:** Look for meaning in the experience. Find strength in the meaning, purpose or mission of your life. Learn important and useful life lessons from an event and learn from past mistakes. Understand that bad things can—and do—happen to anyone.
- **Acceptance of Limits and Circumstances:** Put things in perspective and realize you will have times of joy and times of sadness. Be good at determining what situations are changeable and what situations are not. Accept things you cannot change. Know you have limits.

Strategies to build resilience include successfully navigating stress, time management, and enhancing one's problem-solving capability.

Navigating stress begins with the Sailor learning to recognize their personal signs of stress and to identify personal stressors. Plans can then be developed to either minimize the stressors or the adverse effects of the stressors. Stress and change are a part of living and inevitable; most crises are not insurmountable problems. Navigating stress includes strategies that also emphasize maintaining a healthy lifestyle which includes sufficient rest, good nutrition, regular exercise, and limited alcohol use.

Time management can be one of the skills developed to manage stress that involves identifying and prioritizing tasks. Strategies are then developed to efficiently complete high priority tasks, limiting distractions and overcoming procrastination. Techniques might include:

- Say no to time-wasting demands.
- Pace yourself.
- Build "safety zones" into schedules that are dedicated to priority activities that take longer than expected.
- See a task through to completion using a well thought out plan.

Problem-solving skills can be enhanced through a methodical approach to addressing problems. This method involves the following steps:

- Define the problem and break it into realistic and manageable elements.
- Think of several solutions and evaluate the appropriateness of each solution.
- Weigh potential costs and benefits for the different proposed solutions.
- Put the solution into practice and evaluate the outcomes.

Important Contact Information

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Navy Reserve Website Customer Service:
866-830-6466

Emergency Phone Numbers

Military Crisis Line
(800)273-TALK (8255)
DoD Safe Helpline Sexual Assault Support
(877)995-5247
National Domestic Violence Hotline
(800) 799-7233 (SAFE)