



TEXAS MILITARY DEPARTMENT
TEXAS ARMY NATIONAL GUARD
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July 26, 2017

Soldiers of Texas Army National Guard,

The Texas Army National Guard is dedicated to the safety and well-being of its Soldiers and their families. Unfortunately, we have lost some outstanding Soldiers from our formations this year. It is critical that we allow ourselves a moment to grieve and recharge. Although circumstances and situations feel permanent, they are temporary and will pass.

As leaders in this organization, it is our responsibility to take care of each other. In order to do this, we **MUST** take care of ourselves first. When you board an airplane and a safety briefing is provided, they instruct passengers to put their oxygen mask on **FIRST** so they can then assist others. Likewise, we cannot be good Soldiers and battle buddies if we are not mentally, physically, emotionally, and spiritually prepared.

Balancing work, family life, and our responsibilities as Citizen-Soldiers can be challenging at times and our organization needs its Soldiers, Families and Civilians to be resilient. **Resiliency** is coping and adapting well in the face of adversity, trauma, tragedy, threats, and significant sources of stress. This ability to adapt and grow from experiences has been a hallmark of the American Soldier for more than two centuries. We need to reflect on the commitment we have to our military service and both the positive and negative effects experienced by Soldiers and Families.

I am asking each of you to take a moment to reflect on what makes you resilient, to "hunt the good stuff," so to speak, and recharge; go hiking, play with your kids, read a good book, hug a friend, or a furry friend, or curl up on your couch and just relax. Then I ask that when you return to work, you take a moment to check on a fellow Soldier. The Texas National Guard is an exceptional organization built on the core values of LDRSHIP, and we must take the lead to take care of each other.

I want to thank you and your family for your outstanding contributions this organization, to your communities, and to the State and Nation. Please use this time to take care of you, so you can be better leaders, resilient and ready to support your fellow Soldiers.

Sincerely,

A handwritten signature in black ink that reads "Tracy R. Norris". The signature is written in a cursive style.

Tracy R. Norris
Brigadier General, TXARNG
Commanding