Expeditionary warfighters must achieve mission success and return home uninjured, while operating under conditions and circumstances that challenge mental, physical and social abilities.

Warriors must:
- Work and fight in extreme heat, humidity, wind, cold and/or altitude
- Deploy on short notice to extreme climates
- Adapt to challenging and uncertain environments
- Interact and coordinate with local populations, coalition forces and non-governmental organizations
- Face enemy forces well-versed in conventional, asymmetric and irregular warfare

Our objective is to develop multidimensional intervention strategies that enhance individual, leader and team psychological, physical and social resilience skills; deliver strategies that optimize physical performance and injury resistance; and harden warfighters to adapt to operations in complex, chaotic, full-spectrum environments.

These resilience-building strategies and approaches will result in measurable improvements in resilience and reductions in mental health symptoms and physical injuries.

Research Challenges and Opportunities:
- Map out individual neurodynamic, physiological and behavioral indicators of resilience
- Identify the interplay between nutritional supplementation, physical conditioning and operational performance in the context of combat tasks
- Model exposure and recovery processes of body and brain to combat stressors, recovery, reset and pre-deployment workups
- Develop, test and evaluate compelling virtual/immersive resilience-building training strategies and technologies
- Identify small team social indicators and leader characteristics associated with team resilience