

ROYAL MARINES ETHOS

Adapted for COVID-19

COMMANDO VALUES:

EXCELLENCE: Strive to do better. Learn something new every day, read or enrol in online training courses.

INTEGRITY: Tell the truth. If things are getting tough, talk to your family, oppo, or access online help. It's ok if you're not ok, it is a very unsettling time.

SELF DISCIPLINE: Resist the easy option. Get up at the same time every day. Keep to a routine. Take daily exercise. DON'T waste your day, get up & get going.

HUMILITY: Respect the rights, diversity and contribution of others. Include your friends and family in creative ideas to help get through the day.

COMMANDO SPIRIT:

COURAGE: Get out front and do what is right. Keep in touch with your family and your oppo, especially if they are alone.

DETERMINATION: Never give up. That includes your standards, values and routine. Remember you are a Royal Marine.

UNSELFISHNESS: Mutual support. Look after each other and our families. Set up a social media group to check on others and so others can check on you.

CHEERFULNESS: Make humour the heart of morale. In this difficult time try and smile but remember; people are there to support you if you are struggling.

ROYAL MARINES
COMMANDO



THE COMMANDO MINDSET:

Be the first to understand, the first to adapt and respond; and the first to overcome.

This mindset will help us all deal with the challenges of the current COVID-19 situation.



IT'S A STATE OF MIND, but we must keep it healthy.

If you are struggling help is available:

SERVING

- From your unit Padre, CoC, Brigade Mental Health Nurse
- Naval Service Family & People Support – 02392 728 777
- REGAIN - 01206 817 057
- Combat Stress – 0800 323 4444

VETERAN

- The Royal Marines Charity – 02393 874 663
- Combat Stress – 0800 1381 619
- Samaritans – 116 123



ROYAL
MARINES
CHARITY