Dr. Ann Huffman and Dr. Heidi Wayment were recently awarded a $1.4 million Department of Defense grant for their research on *Psychological Health and Resilience of Military Personnel*. According to Huffman and Wayment, military personnel face ongoing stressors such as separation from family and frequent relocation and day-to-day work and family stressors. When coping resources fall short, military personnel are at risk for negative personal and occupational health outcomes such as behavioral and psychological health outcomes (e.g., sleep disturbance, health behaviors, anxiety). Their work adapts previous research on the “quiet ego”, a concept developed by Wayment and Bauer in 2008 that borrows heavily from humanistic, organismic, and eudemonic perspectives on the self. The quiet ego reflects growth and balance values, as reflected in an identity that is not excessively self-focused but also not excessively other-focused—an identity that incorporates others without losing the self. Unlike other popular interventions (e.g., mindfulness), this approach may be more amenable to work-related stressors (Huffman, Irving, Wayment, 2015). Previous research, partly funded by the TRIF initiative, has demonstrated numerous benefits of a quiet ego, including personal growth and a greater compassion for the self and others (Wayment et al., 2015).

Based on this work, Huffman and Wayment will develop a brief self-management app-based intervention that reminds individuals of the characteristics of a self-identity rooted in balance and growth (Wayment & Bauer, 2017). The long-range goal of their work is to improve the quality of life for military personnel. Their research includes a three-phased study, in which they first experimentally examine how well the adaptation of an innovative, brief, non-religious, self-management intervention strengthens personal and occupational resources in a military occupational setting. The research will conclude with a large-scale experiment assessing the effectiveness of the intervention. Huffman and Wayment state that the research responds to multiple calls for research on the development of interventions for military personnel and is especially relevant for military population because it capitalizes on an adaptable set of self-management strategies that can prepare military personnel to deal with all types of work and family stressors, not just specific demands (e.g., only combat exposure), nor specific disabilities (e.g., TBI). They describe the phone-based intervention as a dynamic form of self-management that will improve behavioral outcomes, health, and resilience among military personnel as they cope with stressors in different military environments and in different phases of the stress process.

Ann Huffman is a Professor of Psychological Sciences and Management at Northern Arizona University. Ann received her Ph.D. in Industrial-Organizational Psychology from Texas A&M University in 2004. Prior to Texas A&M University, Ann worked as a principal investigator with the Walter Reed Army Research Institute-Europe. Ann’s primary research interests include the work-life interface, high stress occupations, occupational health, and diversity in the workplace. Ann has published numerous research articles in journals such as the *Academy of Management Journal*, *Journal of Occupational Health Psychology*, *Journal of Business and Psychology*, *Psychological and Educational Measurement*, and *Human Resource Management*, and has written chapters in several edited books. Ann has received grants from *Society for Human Resource Management Foundation*, the *Society of Industrial-Organizational Psychologist Small Grant* and the *Department of Defense* to support her research. She was awarded the 2009 Northern Arizona University Most Promising New Scholar Award and was selected as a 2007-2008 Sloan Early Career Work-Family Scholar.

Heidi Wayment is a Professor of Psychological Sciences at Northern Arizona University, receiving her PhD in Social Psychology and Health Psychology from UCLA in 1992. Heidi is a fellow of the *Society of Experimental Social Psychology*, the *Association of Psychological Sciences*, and the *Western Psychological Association*. Her research on the quiet ego has been supported by Arizona TRIF foundation and her work on the quiet ego was awarded the 2018 Northern Arizona University Award for Most Significant Research/Scholarly Work. Heidi’s work has been supported with NSF, NIH, NIMH, HRSA/AMERSA, and NCAA/DOD funding and she has published widely in the areas of stress and coping, self-identity, sports psychology, and health behavior, with a special emphasis on psychosocial predictors that can inform prevention and intervention efforts. Dr. Wayment has a longstanding interest in understanding how issues related to self-identity can influence behavior and coping. Heidi was awarded the SBS Exceptional Service Award in 2015 for work on SBS Compassion project and the NAU President’s Award in 2008 for service to the Department of Psychological Sciences.