

**REAL WARRIORS★REAL BATTLES**

**REAL STRENGTH**

**Did you  
know that  
JOURNALING  
may improve your  
psychological  
health and  
your immune  
function?**

For sources visit [health.mil/RealWarriors](https://health.mil/RealWarriors)

**For More Tips &  
Resources to Keep  
You Mission Ready**

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 [health.mil/RealWarriors](https://health.mil/RealWarriors)

**Connect With Us on  
Social Media**



**@realwarriors**

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# 4 TIPS TO START

## Create a schedule

Give yourself a focused time, day, and schedule to write

## Get specific

Write about an experience and its details—how it made you feel, any related thoughts or ideas

## Stay positive

Try to identify positive aspects of an experience; this can promote personal growth

## Ignore mistakes

Focus on writing without stopping and don't stress about grammar or spelling

## 24/7 Resources

### Psychological Health Resource Center

For information and resources:  
866-966-1020 or [health.mil/PHRC](http://health.mil/PHRC)  
and click "Live Chat"

### Military Crisis Line

In the U.S., dial 988 then press 1 or text 838255. For OCONUS calling options and online chat accessible from anywhere in the world, visit [militarycrisisline.net](http://militarycrisisline.net)

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Military Health System  
[health.mil](http://health.mil)