

FIVE TIPS TO STAY MISSION READY



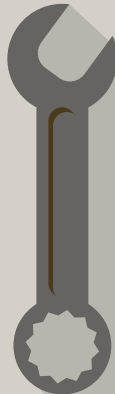
1



FIND TIME FOR YOURSELF

Keep a journal, improve your sleep habits, try yoga/meditation or participate in activities you enjoy.

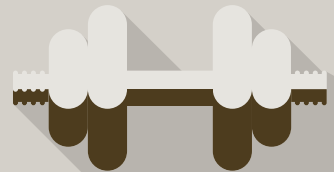
2



BREAK DOWN OBSTACLES

Break them down into small steps that you can tackle one at a time.

3



GET YOUR PT IN

Strengthen your muscles, your mind and your focus with regular physical training.

4



AVOID SELF-MEDICATING

Avoiding self-medicating with alcohol and substances makes it easier to manage stress, sleep, relationships and responsibilities.

5



IDENTIFY PEOPLE YOU CAN TURN TO

Identify a friend, family member, chaplain or health professional you can talk with.

REAL WARRIORS ★ REAL BATTLES REAL STRENGTH

VISIT [HEALTH.MIL/REALWARRIORS](https://health.mil/RealWarriors) to learn about resources for staying mission ready, join the [@realwarriors](https://www.facebook.com/realwarriors) community on Facebook and Twitter, or [@realwarriorscampaign](https://www.instagram.com/realwarriorscampaign) on Instagram.

NEED TO TALK? Contact the Psychological Health Resource Center for free 24/7, confidential support:

- 866-966-1020
- health.mil/PHRC

Trained health resource consultants are ready to listen, answer questions about invisible wounds, and direct you to resources in your area.