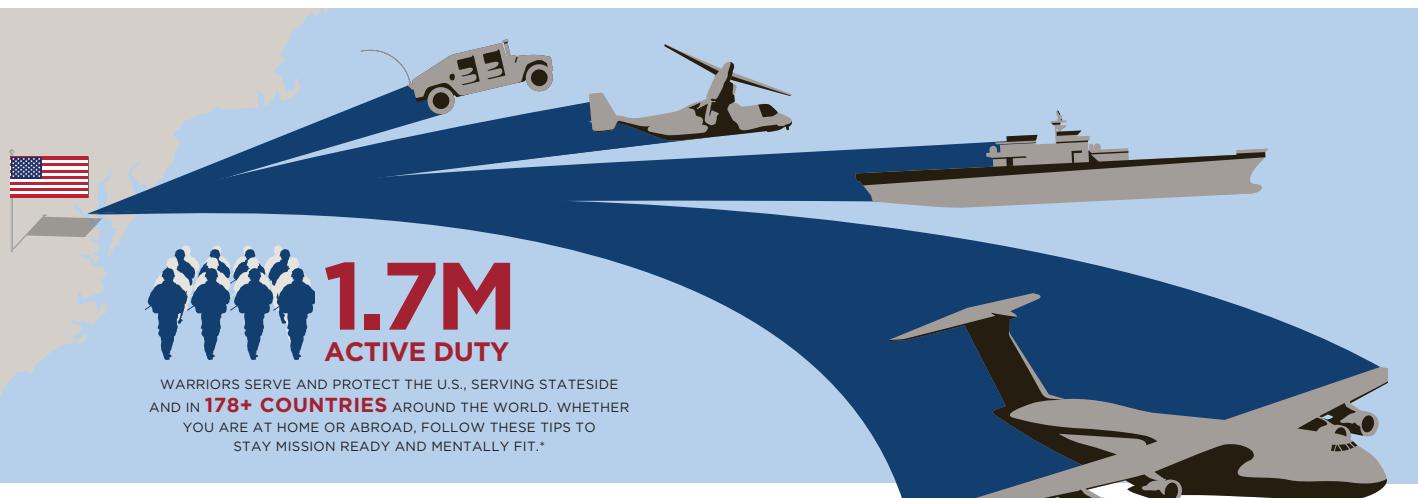


FIVE TIPS TO STAY MISSION READY



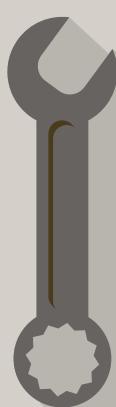
1



FIND TIME FOR YOURSELF

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

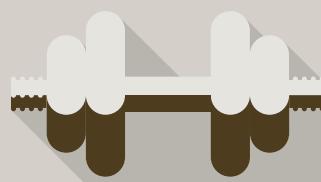
2



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.

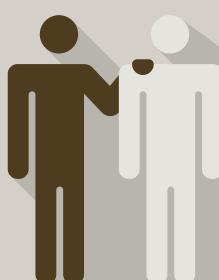
4



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 to learn about resources for staying mission ready, join the [@realwarriors](#) community on Facebook and Twitter, or [@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.