

5 TIPS

TO PRIORITIZE YOUR HEALTH

Use these tips to support psychological health for peak performance at work and to be there for loved ones.

GET GOOD SLEEP

Get 7-8 hours of sleep daily through a sleep schedule and by limiting caffeine, sugar, alcohol and screen time in the evening.



SCHEDULE YOUR PT

Treat workouts like an appointment on your calendar so you are less likely to skip when you're busy or tired.



SEE YOUR HEALTH CARE PROVIDER

Meet regularly with your health care provider to maintain open communication that will help address existing or new psychological health concerns.



STAY CONNECTED

Spend quality time with good friends, family and neighbors. It's important for maintaining and improving your psychological health.



MANAGE YOUR TIME

Plan your days using a to-do list to keep you focused, prioritize key tasks, set goals and know when to say "no."



REACHING OUT IS A SIGN OF STRENGTH

Need Help? Contact a health resource consultant 24/7. Call **866-966-1020** or log on to **health.mil/PHRC** and click "Live Chat."

In a Crisis? 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**.

For sources visit **health.mil/RealWarriors**.