

5 TIPS

TO PRIORITIZE YOUR HEALTH



Use these tips to support psychological health for peak performance at work and in life.

GET QUALITY SLEEP

Aim for at least 7–9 hours by following a daily sleep schedule and limiting caffeine, sugar, alcohol, and screen time in the evenings.



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

Maintain regular communication with your health care provider to address new and existing 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

Use a to-do list to prioritize tasks, set goals, and stay focused.



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/RealWarriorsSources**.