

# 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**.