

**REAL WARRIORS★REAL BATTLES**  
**REAL STRENGTH**

**Did you  
know that  
JOURNALING  
may improve your  
psychological  
health and  
your immune  
function?**

For sources visit [realwarriors.net/sources](https://realwarriors.net/sources)

**For More Tips &  
Resources to Keep  
You Mission Ready**

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[realwarriors.net](https://realwarriors.net)

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# 4 TIPS TO START

## Create a schedule

Give yourself a focused time, day, and schedule to write

## Get specific

Write about an experience and its details—how it made you feel, any related thoughts or ideas

## Stay positive

Try to identify positive aspects of an experience; this can promote personal growth

## Ignore mistakes

Focus on writing without stopping and don't stress about grammar or spelling

## 24/7 Resources

### Psychological Health Resource Center

For information and resources:  
866-966-1020 or  
[realwarriors.net/livechat](https://realwarriors.net/livechat)

### Military Crisis Line

For crisis intervention:  
800-273-8255

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Military Health System  
[health.mil](https://health.mil)