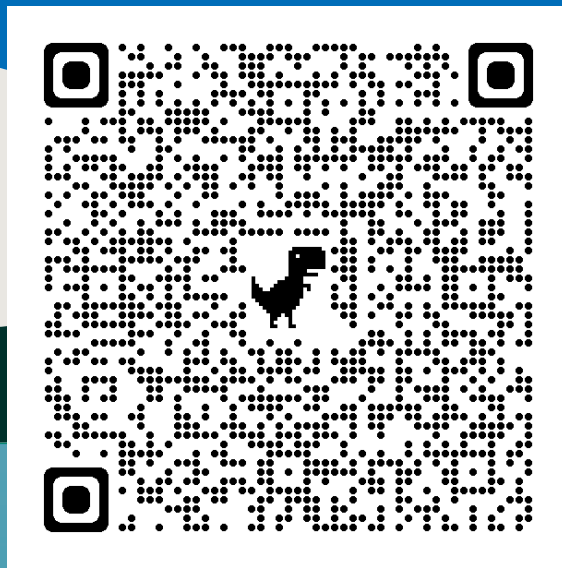


TFF SELF-CARE STRATEGIES DURING DEPLOYMENT

Practice self-care during deployment to increase your resilience, performance, and Total Force Fitness (TFF):



PHYSICAL FITNESS

- Train with limited fitness equipment
- Prevent overtraining



MENTAL FITNESS

- Practice deep breathing
- Embrace gratitude
- Practice progressive muscle relaxation
- Try strategic napping
- Seek mental health care (if necessary)



SOCIAL FITNESS

- Communicate with your family and friends
- Bond with your teammates



NUTRITIONAL FITNESS

- Fuel your body with nutritious foods and snacks
- Stay hydrated
- Indulge in a treat or comfort food



SPIRITUAL FITNESS

- Practice meditation
- Speak with a chaplain
- Reflect with a daily AAR