



# 5 QUICK TIPS

## Personal Readiness Dimension *Family Preparedness*

- 1 Talk about your day.**  
Sharing what you do at work can help your loved ones feel connected and make your relationships stronger.
- 2 Participate in your children's activities.**  
It can help boost their self-esteem, spark conversation and help your kids feel more connected.
- 3 Bring back family game night.**  
Check out your local MWR calendar for upcoming recreational activities and community events.
- 4 Make and stick to a budget.**  
Naming your savings account such as "Rainy Day Fund" or "My Vacation" can motivate you to save.
- 5 Care for your pets.**  
Research has shown that pets can improve your health and wellness. Check out the milPetEd app for tips.

*The five dimensions of Personal Readiness are Physical, Psychological, Social, Spiritual, and Family Preparedness.*

