The Five Dimensions of Personal Readiness

**Physical**
- Maintaining **good physical health** promotes good mental health, greater self-esteem, and a better ability to do your job effectively.
- Creating and maintaining an **environment to support healthy choices** helps you sustain long-term physical and mental wellness.
- Seeking **medical care** for aches and pains helps address problems early and enhances your well-being.

**Psychological**
- Directly addressing and overcoming **fears** removes sources of anxiety and stress, while improving life satisfaction and morale.
- Maintaining **realistic optimism** helps to counter negativity bias, create positive emotion, and combat life’s stressors.
- Practicing **self-control** helps regulate impulsive behaviors and improves decision making, resulting in healthier outcomes.

**Social**
- Cultivating **strong relationships with family and friends** can ease the demands of the military lifestyle and provide sources of support and encouragement that allow individuals to thrive.
- Avoiding **isolation** when faced with stressors helps you share your concerns, rather than bear them alone.
- Engaging in **help-seeking behavior** is the first step to self-care and long-term wellness.

**Spiritual**
- Honoring the **Army Values** in daily life builds strong character and guides you to do what’s right.
- Volunteering and helping others can enhance self-esteem and one’s sense of purpose and belonging.
- Developing associations with others who share your world view, faith, or religion provides a source from which to draw strength and offers a sense of belonging to a group of like-minded individuals.

**Family Preparedness**
- Fostering a way for your family to be a part of the military community can help them enhance their sense of belonging, develop friendships, share information and provide mutual support.
- Communicating regularly and scheduling time to be **together** can help build strong family ties.
- Taking proactive action to meet **financial challenges and obligations** can reduce stress and improve confidence in navigating other important decisions to reach future goals.

Promoting the strengthening of these actions enhances resilience and sustains readiness.

For more information, consult the *Leader’s Guide For Building Personal Readiness and Resilience* available at readyandresilient.army.mil under “Resources.”