

# TRICARE'S TIPS FOR MENTAL WELLNESS



TRICARE TIPS FOR HEALTHY LIVING  
IN SUPPORT OF OPERATION LIVE WELL



# WHAT IS MENTAL WELLNESS?

Mental health means living in a state of mental wellness. Mental wellness affects how we think, feel, and act. Mental health is important at every stage of life, from childhood and adolescence through adulthood.



# REDUCE YOUR RISK

Research shows that doing aerobic or a mix of aerobic and muscle-strengthening activities 3 to 5 times a week for 30 to 60 minutes allows for sharper thinking, learning, and judgment skills as you age. It can also **reduce your risk of depression** and may help you sleep better.



# THE ACTION DISTRACTION

Physical activity increases the production of your brain's feel-good neurotransmitters, called endorphins. The Mayo Clinic reports that exercise also helps combat stress because when you are involved in a physical activity, your mind is concentrating on your body's movement and putting aside the stress and irritations of the day.



# CHILDREN AND STRESS

How do you make sure your children are not anxious or stressed? The National Institutes of Health recommends talking to them regularly and encouraging them to play often.



# GET THE CARE YOU NEED

TRICARE covers mental health care that is medically or psychologically necessary. There are many different types of outpatient and inpatient mental health care, and the coverage for each type of mental health care is described on the TRICARE website.



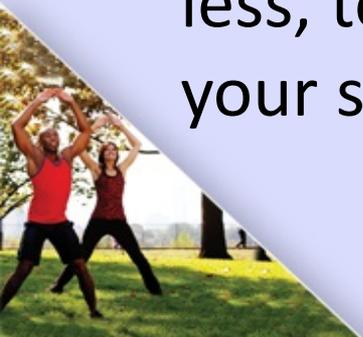
[www.tricare.mil/CoveredServices/Mental](http://www.tricare.mil/CoveredServices/Mental)

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# HEALTHY LIVING

Mental wellness through active living is not an overnight achievement. It is a process, reached by making decisions every day to be more active; to sit less, to burn more calories than we eat, to manage your stress and to get help if you need it.



# CRISIS HOTLINES

If you or a loved one are in crisis and need help, there are several places you can call for help.



Call 1-800-273-8255



Call 1-866-966-1020

# HEALTHY LIVING RESOURCES

TRICARE.mil houses information about the TRICARE benefit. Whether beneficiaries are looking for specific benefit information or tips on how to live well, it is available online.

Operation Live Well, is focused on leading a physically, mentally, socially and spiritually healthy lifestyle throughout the military community, during the holidays and all year long. Join the Military Health System's campaign and Live Well!

[www.tricare.mil/livewell](http://www.tricare.mil/livewell)

[www.health.mil/olw](http://www.health.mil/olw)

