

Self-Care reduces Burn-Out

ArmyFit Self Development Tool
[AZIMUTH Check](#) (former GAT)



P3 - Sleep, Nutrition, Activity
[Performance Triad](#)



Excellence, Optimism, Trust, Purpose, Safety
[Five Dimensions of Strength](#)



Physical Strength

- [Boost Exercise Routine](#)
- [IZOF \(Individual Zones of Optimal Functioning\)](#)
- [Build a Nutrition Plan](#)
- [Physical Fitness at Home](#)
- [Youth and Teen Fitness](#)



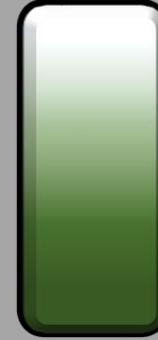
Emotional Strength

- [MFLC Program](#)
- [Improve Sleep](#)
- [Engage in Self-Care](#)
- [#HTGS](#)
- [Mindfulness](#)



Social Strength

- [Social Networks](#)
- [Share what you are doing](#)
- [SHARP](#)
- [Set a Goal](#)



Spiritual Strength

- [Develop a positive mindset](#)
- [Explore Nature](#)
- [Read](#)



Family Strength

- [Master Resilience Trainer](#)
- [Volunteer/Give Back](#)
- [Do a Family project](#)
- [Tutoring Services](#)
- [Financial – Economic Impact Payments](#)

Preparing a winning, ready and resilient Total Army Family for the future Army.

