

Healthy Living Plan

The Healthy Living Plan outlines your intention to identify and establish healthy living patterns and routines. Below is an example of a Healthy Living Plan.

Healthy behaviors I will engage in:

- *Creating a daily routine for self-care and meeting my dependency needs.*
- *Maintaining a support network.*
- *Seeking help from a mental health professional as needed.*

How I will seek support: *I will see my therapist at least once per week.*

How I will exercise:

- *I will exercise by going to the gym or walking at least 3 times per week.*

How I will eat:

- *I will focus on eating three meals per day, with only healthy snacks in between.*

How I will sleep:

- *I will make sure to get at least six hours of sleep every night.*

How I will take breaks:

- *I will make sure to take a lunch break during the day.*

When I need support, I will call:

- My support group members
- My sister
- My co-worker

In the space below, create your Healthy Living Plan.

Healthy behaviors I will engage in (refer to stabilizing tools):

How I will seek support:

How I will exercise:

How I will eat:

How I will sleep:

How I will take breaks:

When I need support, I will call: