



Establish Healthy Habits

Taking that first step is often the hardest. Here are a few tips as to how you can get started

<p>Set up a goal: What healthy activity and change in your lifestyle would you like to start? Be specific!</p>	
<p>Brainstorm possible strategies: What can you do to bring the change? Be creative! When you have identified a list, pick 2 or 3 that are the best</p>	
<p>Plan how to bring your plan to life: What steps can you take to make this happen? Think about:</p> <ul style="list-style-type: none"> • Do you need information, and where can you get it? • Who will support you in taking this action? • Are there obstacles to the plan, and how can you prevent or manage them? • Is your family supportive? 	

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