



ALIGNHEALTH



Lifestyle Management

WHAT IS LIFESTYLE MANAGEMENT?

LIFESTYLE MANAGEMENT IS CREATING AND PRACTICING DAILY HABITS AND ROUTINES THAT PROMOTE MIND BODY HEALTH AND WELLNESS. THE AIM OF LIFESTYLE MANAGEMENT IS TO INCORPORATE HEALTH PROMOTING BEHAVIORS INTO YOUR LIFESTYLE IN A WAY THAT IS PERSONALLY MEANINGFUL, SATISFYING, AND SUSTAINABLE.

WE AIM TO PROVIDE YOU WITH THE SUPPORT YOU NEED TO INCREASE SELF MANAGEMENT AND SELF EFFICACY FOR PREVENTING AND MANAGING HEALTH CONDITIONS. WE WILL DEVELOP A COLLABORATIVE PLAN TO ACHIEVE YOUR HEALTH GOALS AND OPTIMIZE YOUR LIFESTYLE MANAGEMENT AND DAILY FUNCTION.

LIFESTYLE MANAGEMENT INCLUDES:

- HEALTH MANAGEMENT
- SLEEP AND SLEEP HYGIENE
- NUTRITIONAL HABITS
- PHYSICAL ACTIVITY
- STRESS MANAGEMENT
- SUBSTANCE USE
- TIME MANAGEMENT
- SOCIAL AND EMOTIONAL HEALTH



SERVICES INCLUDE: AN INITIAL SCREEN TO DETERMINE NEEDS OF THE CLIENT. AN INDIVIDUALIZED EVALUATION WITH AN OCCUPATIONAL THERAPY PRACTITIONER TO FURTHER ASSESS NEEDS AND DEVELOP COLLABORATIVE GOALS. CUSTOMIZED TREATMENT SESSIONS AND FOLLOW-UP IN ALIGNMENT WITH OTHER SERVICES TO ACHIEVE HEALTH GOALS SUCH AS CULINARY COACHING, MASSAGE, REIKI, AND ESSENTIAL OIL SERVICES.

IN-PERSON AND VIRTUAL SERVICE OPTIONS