

Lifestyle Psychiatry Poster

■ Already doing, ■ Will try now (pick 1-2), □ Not doing yet



1. Diet

Eat a diet high in protein and veggies and low in white carbs and sugars

<input type="checkbox"/>	Use 3 + 2 meals	Eat 3 meals a day with a healthy snack in between each one (fruits or nuts)
<input type="checkbox"/>	Stop eating out	Eat home prepared foods which are often lower in sugar, salt, fat, processing, and calories
<input type="checkbox"/>	Meal prep	Shop mindfully and prep for the next day or several days with healthy and enjoyable foods
<input type="checkbox"/>	Snack smart	Chose apples, celery, berries, cucumber, cheese, hummus, or peanut butter
<input type="checkbox"/>	Don't snack junk	Avoid or minimize sodas (including diet sodas), candy, chips, and crackers
<input type="checkbox"/>	Eat mindfully	Eat when moderately hungry, stop when moderately full – eat slow, chew well, and enjoy
<input type="checkbox"/>	Eat in order	Fill up on the healthiest foods first – veggies and proteins, then fruits, carbs, and sugars
<input type="checkbox"/>	Limit late snacks	Think of calories after dinner counting for double and before bed counting for triple
<input type="checkbox"/>	Limit portions	Use small-medium sized plates, no seconds, and only limited/sensible desserts
<input type="checkbox"/>	Use an app	Noom, Simple, BetterMe, MyFitnessPal, MyFoodDiary
<input type="checkbox"/>	Do a workbook	Healthy Eating Habits Workbook: From Planning to Action to Results
<input type="checkbox"/>	Join a program*	Consider Thinsulin, DASH, TLC diet, Weight Watchers, Noom, Mayo Clinic Diet, or Kaiser



2. Exercise

Get 30 minutes per day of exercise where your heart rate is 50% over resting

<input type="checkbox"/>	Make active choices	Start small – take the stairs, a 10-minute walk at lunch, or park far away and walk
<input type="checkbox"/>	Start small	Begin with 1-2 days a week for 15-30 minutes and add time each week
<input type="checkbox"/>	Try intervals	Try walk-run, starting with mostly walking and increasing running interval over time
<input type="checkbox"/>	Try yoga	Consider taking a yoga class online or in person
<input type="checkbox"/>	Join a group	Join a biking or running group or take classes online or in person
<input type="checkbox"/>	Use an app	Noom, Simple, BetterMe, MyFitnessPal, MyFoodDiary
<input type="checkbox"/>	Do a workbook	Healthy Exercise Habits Workbook: From Planning to Action to Results
<input type="checkbox"/>	Add resistance*	Do strengthening activities 2x a week (eg, weights, push-up/sit-ups, or resistance)
<input type="checkbox"/>	Hire a trainer*	Get some expert advice online or in person at the gym or with an outside expert



3. Sleep

Maximize healthy sleep behaviors including environment, relaxation, and timing

<input type="checkbox"/>	Regulate timing	Get up and go to sleep within 30 minutes of the same time 7 days a week
<input type="checkbox"/>	Add relaxation	Use breathing, mindfulness, and muscle relaxation to get to and return to sleep
<input type="checkbox"/>	Stop napping	Avoid napping which robs sleep from the next night – stay up and go to bed early
<input type="checkbox"/>	Get some exercise	Try to get more exercise during the day, but not right before bed
<input type="checkbox"/>	Limit screens and light	Avoid screens in bed and 1 hour before bed other than low-light reading
<input type="checkbox"/>	Limit substances	Avoid alcohol, nicotine, caffeine, and cannabis, especially 3 hours before bed
<input type="checkbox"/>	Plan your worry	Set aside worry time daily to journal (at least 1-2 hours before bed)
<input type="checkbox"/>	Make a routine	Find a relaxing bedtime routine (eg, bathe, meditate, then read)
<input type="checkbox"/>	Optimize environment	Make the bedroom quiet, dark, comfortable, and the right temperature
<input type="checkbox"/>	Avoid late-night meals	Avoid eating a heavy meal less than 3 hours before bedtime
<input type="checkbox"/>	Get up if not sleeping	Leave bed for meditation, stretching, or reading until you are feeling tired again
<input type="checkbox"/>	Use an app	BetterSleep, Sleep Score, SleepCycle, ShutEye, Snore Lab (snoring)
<input type="checkbox"/>	Do a workbook	The Insomnia Workbook

* Consult with your medical provider before considering this option to understand any risks involved

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4. Relaxation

Practice 10 minutes or more of relaxed breathing or mindfulness meditation

<input type="checkbox"/>	Balanced breathing	Breathe in 1-2-3-4, then out 1-2-3-4, repeat x 5-10
<input type="checkbox"/>	Square breathing	Breathe in 1-2-3-4, hold your breath 1-2-3-4, breathe out 1-2-3-4, hold 1-2-3-4, repeat x 5-10
<input type="checkbox"/>	4-7-8 breathing	Breathe in 1-2-3-4, hold your breath 1-2-3-4-5-6-7, breathe out 1-2-3-4-5-6-7-8, repeat x 5-10
<input type="checkbox"/>	Relax muscles 1	Clench feet then release x2, calves, thighs, pelvis, stomach, shoulders, hands, neck, face
<input type="checkbox"/>	Relax muscles 2	Start with balanced breathing – on exhale say to yourself “my X is getting heavy” and imagine that body part sinking into the ground – repeat x2 – start with feet and move up the body
<input type="checkbox"/>	Try a body scan	Start with balanced breathing – focus on the feelings/sensations on the top of your head/scalp, on inhale imagine bright healing energy flooding that area, on exhale image dark unhealthy energy and pain leaving that area – repeat x2 – slowly move attention down the body
<input type="checkbox"/>	Try mindfulness	Close eyes, focus on breath – when attention wanders, return – 10 mins daily and as needed
<input type="checkbox"/>	Use an app	Calm, Headspace, Healthy Minds Program, Insight Timer, Smiling Mind (kids)
<input type="checkbox"/>	Do a workbook	A Mindfulness-Based Stress Reduction Workbook
<input type="checkbox"/>	Join a class	Join a meditation group or yoga studio and attend classes in real-time or recorded



5. Sobriety

Avoid alcohol, nicotine, cannabis, and other recreational drugs

<input type="checkbox"/>	Limit access	Remove drug from the house – show up late and leave early at events where others use
<input type="checkbox"/>	Change environment	Spend time with friends that don't use, or in places where using is difficult or out of place
<input type="checkbox"/>	Find alternatives	Turn to exercise, meditation, entertainment, education, mocktails, or hobbies when craving
<input type="checkbox"/>	Join a support group	Look up and attend support groups like AA, MA, NA, SOS, LifeRing, or Smart Recovery
<input type="checkbox"/>	Use an app	Sobriety Counter, Twenty-Four Hours a Day, Quit Weed, Grounded: Quit Weed Smoking
<input type="checkbox"/>	Do a workbook	Alcohol and You: 21 Ways to Control and Stop Drinking Addicted: Recovering from Marijuana Addiction
<input type="checkbox"/>	Measure and taper*	Record the volume and frequency of your use and plan for steady reduction
<input type="checkbox"/>	Medications*	Ask your doctor about medications that can help with reducing craving and use
<input type="checkbox"/>	Find a program*	Schedule an intake at a treatment program – Psychology Today, Google, or call insurance

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6. Connection

Experience meaningful connection with other people, nature, or art

<input type="checkbox"/>	Leave the house	Run errands away from home (eg, shopping, going to the library, or the post office)
<input type="checkbox"/>	Go where people are	Go to a park or coffee shop and read or listen to music – practice just being around others
<input type="checkbox"/>	Use your supports	Reach out to family, friends, or colleagues – invite them out or join when they invite you
<input type="checkbox"/>	Spend time in nature	Spend time in the yard or go to the park, beach, or forest
<input type="checkbox"/>	Do some art	Draw, paint, write, sculpt, dance, or play an instrument
<input type="checkbox"/>	Follow your interests	Find something you might enjoy and join a class or group that is already doing it
<input type="checkbox"/>	Use an app	Meetup, Nextdoor, MeetMe, Athlete, Hey! VINA
<input type="checkbox"/>	Do a workbook	Unlocking the Art of Making Friends: A Complete Guide to Meaningful Adult Friendships

NOTE: Expanded content including **health and lifestyle assessments** as well as detailed educational **SMART goal** handouts available for each subject upon request.