

Last Minute Tips to Prevent and Manage Setbacks

Wellness and living a healthy lifestyle is not an “all or nothing” decision. It is a process, and some days we do better than others. When a day or two goes by where there is a lot of room for improvement in our choices, it is important to get back on the right track.

Here are a few tips that you may want to use:

1. Focus on one or two wellness goals at a time. When your goal becomes a part of your lifestyle, you can choose another goal.
2. Be patient with yourself. Remember, the most lasting changes are learned by taking small healthy steps that become habits. If one healthy step doesn't work for you, practice a different one.
3. Think about a healthy lifestyle as a life-long process. When you wake each morning, choose to live healthy that day.
4. Spend less time in front of the TV or computer.
5. Do some form of physical activity outside of your daily activities at least 3 times a week.
6. Keep tempting foods out of sight and out of reach.
7. Sleep well. Plan to get a good night's sleep regularly.
8. Limit your caffeine and sugar intake, especially before you can go to bed.
9. Manage your stress. Remember, exercise and fun activities can help you do this.
10. See your primary care physician, dentist and eye doctor regularly.
11. If you run into barriers, speak to a friend, family member, treatment team member or someone else in your support network.
12. Other- insert what you found has worked for you.

[This Tip sheet was adapted from the Eli Lilly and Company Solutions for Wellness

Additional Resources

Association	Website
NAMI Hearts & Minds	http://www.nami.org/template.cfm?section=Hearts_and_Minds
National Institute of Health	http://health.nih.gov/category/WellnessLifestyle
PA. Dept of Health	http://www.portal.health.state.pa.us/portal/server.pt/community/departament_of_health_home/17457
American Diabetes Assoc.	http://www.diabetes.org/
American Heart Assoc.	http://www.heart.org/HEARTORG/
Centers for Disease Control and Prevention	http://www.cdc.gov/injury/
PA. Recovery and Resiliency	http://www.parecovery.org/
SAMHSA	http://www.promoteacceptance.samhsa.gov/10by10/default.aspx
National Heart, Lung & Blood Institute	http://www.nhlbi.nih.gov/hbp/prevent/h_eating/h_eating.htm
US Dept of Health and Human Services	http://www.healthfinder.gov/

Network of Care	http://networkofcare.org/index2.cfm?productid=2&stateid=45
County Library System	http://www.publiclibraries.com/pennsylvania.htm
Brain Teasers	http://braingle.com
Health Club Directory	http://healthclubdirectory.com/health_clubs/State/United_States/PA/Pennsylvania/
PA Parks	http://www.nps.gov/state/pa/index.htm?program=all

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