

# CHEERS TO GOOD HEALTH!

## Lifestyle change for better self-care

### Instructions:

Be good to yourself! Taking care of all aspects of yourself can positively impact your quality of life and help you deal with most any situation. While self-care is unique to everyone, following the acronym of CHEERS (to good health) can help get you started in developing your self-care plan. While you may already be working on one, several, or all of these areas, challenge yourself to create an additional goal in each section. Then, choose one thing you will do *today* to work toward at least one of your goals, take action, and enjoy the journey!

**C** change your mindset

- Altering the way you think about situations will alter the way you feel about and respond to them.

My goal is to \_\_\_\_\_

**H** healthy eating

- There is a correlation between what you eat and how you feel physically and mentally. Proper nutrition helps boost wellbeing.

My goal is to \_\_\_\_\_

**E** exercise

- Physical activity is one of the best self-care practices there is, so exercise regularly.

My goal is to \_\_\_\_\_

**E** enjoy

- Routinely engage in things you enjoy. Have pleasure outweigh pressure.

My goal is to \_\_\_\_\_

**R** relax

- Make a plan for how you will relax (e.g., breathing, imagery, music, sit in silence) and use these skills when needed.

My goal is to \_\_\_\_\_

**S** sleep

- Good sleep hygiene is critical to overall well-being.

My goal is to \_\_\_\_\_

One thing I will do *today* to work towards at least one of these goals is \_\_\_\_\_