Physical Wellness Checklist

Positive physical health habits can help decrease your stress, lower your risk of disease, and increase your energy. Here are tips for improving your physical health:

BREAK BAD HABITS

If you know something's bad for you, why can't you just stop? Drug and alcohol abusers struggle to give up addictions that hurt their bodies and tear apart families and friendships. And many of us have unhealthy excess weight that we could lose if only we would eat right and exercise more. One way to kick bad habits is to actively replace unhealthy routines with new, healthy ones. Learn strategies to make the changes you'd like to make.

BREAK BAD HABITS:

☐ **Avoid tempting situations.** If you always stop for a donut on your way to work, try a different route. Keep fatty foods, cigarettes, alcohol, and other tempting items out of your home.

☐ **Replace unhealthy behaviors with healthy ones.** Try exercise, a favorite hobby, or spending time with family.

☐ **Prepare mentally.** If you can't avoid a tempting situation, prepare yourself in advance. Think about how you want to handle it and mentally practice what you plan.

☐ **Enlist support.** Ask friends, family, and co-workers to support your efforts to change.

☐ **Reward yourself for small steps.** Give yourself a healthy treat when you've achieved a small goal or milestone.