

## Healthy Lifestyle Activities

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Below are some examples of healthy lifestyle activities:

- A healthy diet.  
Diet is linked to mood, so for those of us whose risk to abuse substances is strongly linked to mood; this may be an important area for us to focus on. Trying to eat well-balanced meals at regular intervals may help you with mood regulation and meeting the goal of improving your physical health.
- Exercise.  
Like diet, regular exercise is linked to improved mood and stress management. Aerobic exercise can also help to decrease spikes in your mood and can be a healthy distraction when feeling strong urges to use.
- Spiritual development.  
This might include individual spiritual development such as prayer, or it might include worshiping with a group with similar spiritual values, such as fellowship groups or organized religious groups.
- Mental health.  
This may involve seeing a professional counselor to continue to address issues related to substance abuse or mental health. It might also involve family or couples therapy if those relationships have been neglected or damaged. It might also involve participation in a self-help group where you get assistance from peers with similar problems.
- Meditation.  
Taking time to sit quietly and clear your head can allow you to recharge. Meditation has been linked to positive brain changes, as well as increased happiness.

Of these above ideas, which would you like to explore further?

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