



TAKE HOME ACTION PLAN

- Nutrition
 - Find a healthy alternative to one of your food cravings
 - Track healthy coping strategies you use in place of eating or drinking
- Physical Activity
 - Add an exercise or activity for balance or flexibility, such as yoga or a mediation class
- Mindset
 - Practice a relaxation technique at least twice a week
- Sleep
 - Make sleep a priority – set up a regular sleep schedule to allow you to get 7-9 hours of sleep per night as often as possible