

Strategies for Healthy Living

Psychological & Emotional Barriers

- Consider individual therapy (e.g., Acceptance and Commitment Therapy, Cognitive Behavior Therapy) or group therapy
- Ask your doctor about psychotropic medication for issues such as anxiety or depression to use in combination with therapy
- Stop what you are doing when you are pushing too hard
- Accept discomfort as part of growth. Make space for uncomfortable feelings and invite them to be with you
- Practice daily mindfulness. Consider apps such as Balance, Calm, or Headspace, or watch YouTube videos
- Create emotional support systems (friends, family, social media groups)
- Avoid spending a lot of time reading or watching videos on the news or social media where the content is upsetting; utilize content filters when possible (e.g., Google news)
- Consider the people you spend time with; are these people who add or take away joy from your life?
- Consider support groups and faith-based programs (e.g., AA, Re:generation, Renew, Celebrate Recovery)
- Be present. When worrying about the future or dwelling on the past, ask yourself, "What's true about right now?"
- Focus on the things you do have control over in your life
- Be willing to do what matters, even when you don't feel like it. Let your values guide your actions instead of your feelings

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