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HOME  
HOME GROUND



**PHYSICAL  
FITNESS  
& NUTRITION**



# SCHIZOPHRENIA CARE: BEYOND MENTAL HEALTH.

**Caring for yourself while living with schizophrenia isn't only about mental and emotional health. Your physical health matters, too.**

Simple steps add up. Gentle movement like walking, stretching, or short, at-home workouts can lift your energy and mood. It also helps lower the risk of weight gain, diabetes, and heart disease, which can be more common with schizophrenia.

What you eat makes a difference. Regular meals with fruits and vegetables, whole grains, lean proteins, and healthy fats support both body and brain. Cutting back on sugary drinks and ultra-processed foods helps steady blood sugar, lower inflammation, and support your gut—all of which are key for clearer thinking and more even emotions.

Talk with your healthcare provider before starting a new exercise or diet program to make sure it's safe for you.

## QUICK TIP

**Begin small and steady.** Try a 10-minute walk after lunch, add a vegetable to dinner, or swap one sugary drink for water or tea. Keep what works and build from there. And check in with your care team about any changes to your fitness or nutrition. They can point you to programs, classes, or support that make the next step easier.

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# RESOURCES

This resource guide brings trustworthy resources about your physical fitness & nutrition together in one place so you and your support partners can find what you need quickly.

**PAGE**  
**5**      **Medical Manual**

This excerpt from the OnTrackNY Medical Manual provides a brief health education module on exercise for mental health recovery, outlining benefits for mood and anxiety, low-cost activity options, and practical tips to start safely with healthcare provider clearance.

**PAGE**  
**9**      **Start Simple with MyPlate Today**

Start Simple With MyPlate is a USDA brochure that translates the 2020–2025 Dietary Guidelines for Americans into quick, practical tips. It emphasizes making small, sustainable changes across meals and snacks to build a healthy eating routine that supports long-term health benefits.

**PAGE**  
**13**      **Hearts & Minds**

The NAMI Hearts & Minds program is an educational wellness initiative promoting the idea of wellness in both mind and body. Generally, wellness is an ongoing process of learning about, and making choices toward, a more successful life.

**LOOKING FOR EVEN MORE?**

Visit [HomeGroundSCZ.com](https://HomeGroundSCZ.com)  
to find a variety of helpful tools.

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FITNESS  
& NUTRITION**



# TOGETHER IN COMMUNITY.

**This resource guide was developed by Teva Pharmaceuticals as part of our commitment to supporting the patient community living with schizophrenia.**

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[ontrackny.org](https://ontrackny.org)



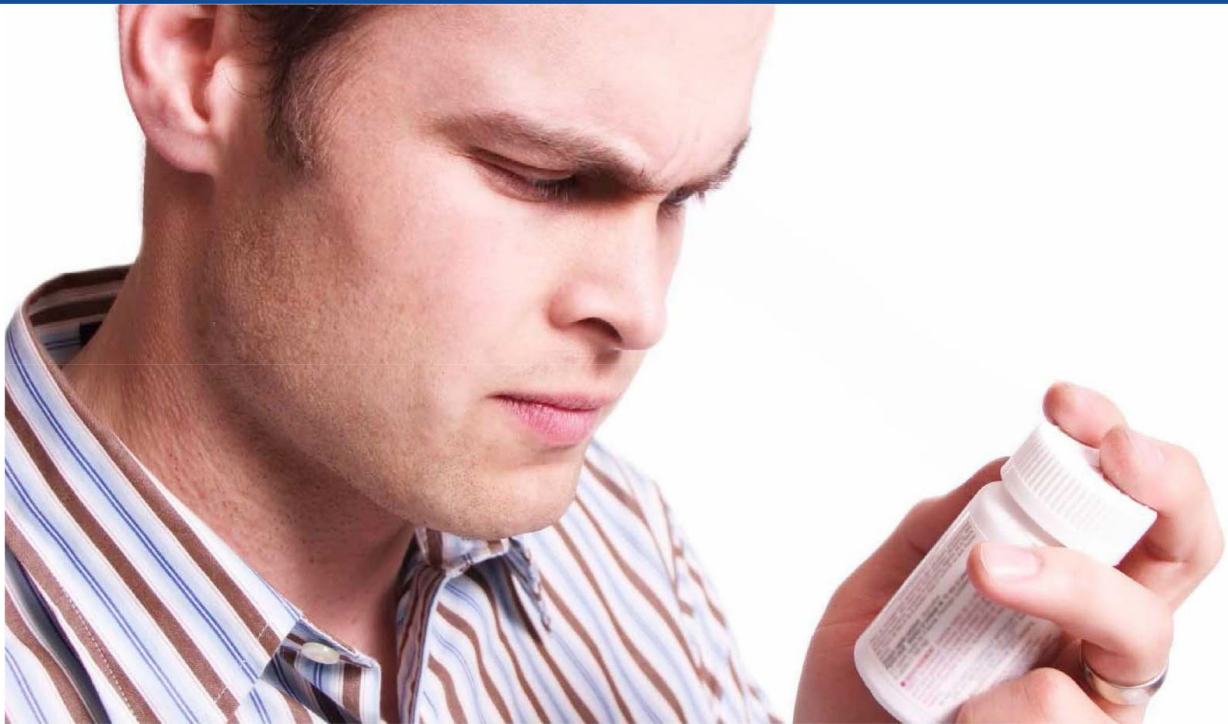
[myplate.gov](https://myplate.gov)



[nami.org](https://nami.org)



## Medical Manual

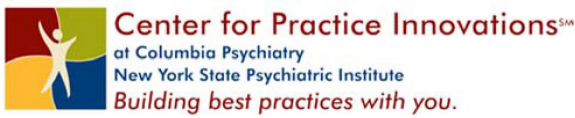


**Modified by Cassis Henry, M.D., Scott Stroup, M.D., and Ilana Nossel, M.D. (10/2016)**

RAISE Connection Psychopharmacology Manual

Robert W. Buchanan, M.D.

Julie Kreyenbuhl, PharmD., PhD





## E. Resources for Health Education

The following 2 resources on exercise and healthy eating are taken from the Wellness Self-Management Workbook.

### 1. Exercise and Mental Health Recovery

| <b>EXERCISE AND MENTAL HEALTH RECOVERY</b>   |   |
|--|---|
| <p><b>Exercise and mental health</b><br/>Exercise is good for your physical health. Exercise may help prevent or improve a number of physical health problems, such as diabetes, high blood pressure, and heart disease. Recently it has been found that exercise is also good for improving mental health. Physical activity can ease symptoms or anxiety and depression along with improving mood.</p> <p><b>How can exercise make you feel better?</b></p> <ul style="list-style-type: none"> <li>• After exercising, mood is elevated</li> <li>• Exercising is a healthy distraction from life stressors</li> <li>• Exercising gives you more energy</li> </ul> <p><b>Benefits of exercising</b></p> <ul style="list-style-type: none"> <li>• Anxiety symptoms decreased</li> <li>• Stress decreased</li> <li>• Depression symptoms decreased</li> <li>• Elevated mood</li> <li>• Self-esteem improved</li> <li>• Increased feelings of physical and psychological well-being</li> <li>• Restful sleep</li> </ul> <p><b>Inexpensive ways to exercise</b><br/>Gyms can sometimes be costly and time consuming. There are other methods of exercising that do not involve going to a gym:</p> <ul style="list-style-type: none"> <li>• Lifting heavy household products, such as bottles or cans</li> <li>• Doing housework</li> </ul> | <ul style="list-style-type: none"> <li>• Taking a walk in your neighborhood</li> <li>• Taking stairs instead of elevators</li> <li>• Getting off the bus or subway one stop early and walking the rest of the way</li> <li>• Dancing</li> <li>• Swimming</li> <li>• Playing sports</li> <li>• Yoga</li> <li>• Aerobics</li> <li>• Running</li> <li>• Riding a bike</li> <li>• Participating in an exercise program on TV</li> <li>• A job that involves physical labor</li> </ul> <p><b>Getting Started</b><br/>Before you start exercising, it is important to get your doctor's ok. Sometimes getting started is the hardest step. It is important not to think of exercise as a chore. Here are a couple tips if you are having trouble getting started:</p> <ul style="list-style-type: none"> <li>• Start slowly</li> <li>• Do something that is enjoyable for you; make exercising fun</li> <li>• Join a team</li> <li>• Exercise with a friend</li> <li>• Exercise by doing various activities - don't always do the same activity</li> <li>• Give yourself credit for every step in the right direction no matter how small</li> <li>• Don't give up if you get off hand</li> </ul> |



### Discussion Points:

Honestly how do you feel about exercising?

What makes it hard for people to make exercise part of their day-to-day routine?

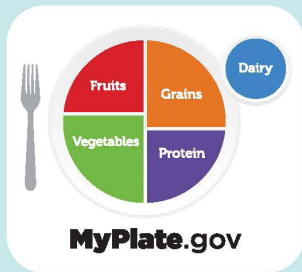
| <b>Personalized Worksheet</b><br><b>Thinking more about ways to exercise</b>  |                   |                                 |
|---|-------------------|---------------------------------|
| Simple and practical ways to exercise.<br><i>Please read the following worksheet and check those that apply to you:</i> |                   |                                 |
| Ways to exercise  | I already do this | I would like to do more of this |
| Lift household products, such as bottles and cans   |                   |                                 |
| Do housework  |                   |                                 |
| Take a walk in your neighborhood  |                   |                                 |
| Take stairs instead of elevators  |                   |                                 |
| Get off the bus or subway one stop early and walk the rest of the way   |                   |                                 |
| Dance   |                   |                                 |
| Swim  |                   |                                 |
| Play sports   |                   |                                 |
| Do yoga   |                   |                                 |
| Aerobics  |                   |                                 |
| Run   |                   |                                 |
| Ride a bike   |                   |                                 |
| Participate in an exercise program on TV  |                   |                                 |
| Do a job that involves physical labor   |                   |                                 |



|        |  |  |
|--------|--|--|
| Other: |  |  |
| Other: |  |  |

|   |
|---|
| <b>Action Step</b>  |
| <i>Choose one exercise you would like to try:</i>         |
| Exercise:   |
| When will you do it?                                      |
| Where will you do it?                                     |
| How will you remind yourself to do it?                    |
| Who could help you complete your action step?             |
| What might get in the way of completing your action step? |

1. Summary of main points of this lesson
2. Leader provides specific positive feedback
3. Invite participants to share feedback



Small Changes Matter.

# Start Simple With MyPlate Today.

Healthy eating is important at every stage of life.

Make half your plate fruits & vegetables.

Focus on whole fruits.



Vary your veggies.



Make half your grains whole grains.



Vary your protein routine.

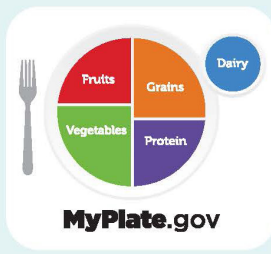
Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).



Choose foods and beverages with less added sugars, saturated fat, and sodium.

The benefits add up over time, bite by bite.

# Make every bite count



Take a look at your current eating routine. Pick one or two ways that you can switch to choices today that are rich in nutrition.

A healthy eating routine can help boost your health now and in the years to come. Think about how your food choices come together over the course of your day or week to help you create a healthy eating routine.



It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Choose options for meals, beverages, and snacks that have limited added sugars, saturated fat, and sodium.

## Choose from these simple tips to help you...



### Focus on whole fruits

- Start your day with **fruit at breakfast**. Top cereal with your favorite seasonal fruit, add bananas or chopped apples to pancakes, or mix a spoonful or two of raisins into hot oatmeal.
- Keep **ready-to-eat fruits** in the refrigerator for a quick snack.
- For dinner, chop up a combination of seasonal, frozen, or canned fruits to make a **quick fruit salsa** to top fish or chicken. Add fruit such as orange sections, apple wedges, or grapes to a **salad**.



### Vary your veggies

- Add shredded carrots to the lettuce and tomato **in your sandwich**, make **soup** from the veggies in your vegetable drawer, and **snack on raw vegetables**.
- Try a **stir-fry** with fresh or frozen vegetables for a quick meal or easy side dish.
- Pick out a vegetable that the family has not tried and **get a new recipe** from a cookbook, website, supermarket, or friend.



### Make half your grains whole grains

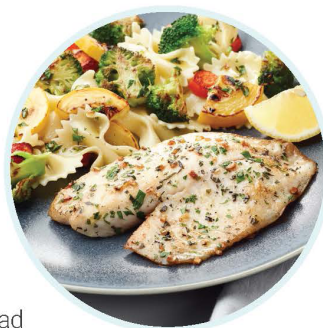
- For breakfast, enjoy a whole-grain-based **hot or cold cereal**. Consider trying whole-grain puffs or flakes that are new to you—you might discover a new favorite!
- Instead of sandwich bread, try a **whole-grain pita, tortillas, naan or other whole-grain flatbread, sliced breads, or rolls**.
- Create your own trail mix with whole-grain cereal or enjoy whole-grain crackers with turkey, hummus, or avocado for a **healthy whole-grain snack**.





## Vary your protein routine

- **Broil lean beef cuts** like sirloin, top round, or flank steak. **Roast lean types of pork tenderloin or loin chops** and slice into strips for dinner, salads, and sandwiches.
- **Have fish or seafood twice a week.** Make a lunchtime sandwich or salad with canned tuna, grill fresh or frozen tilapia or salmon for dinner, or enjoy fish tacos.
- **Meatless meals** are tasty and budget friendly. Try bean-based vegetarian chili or lentil soup, grilled or braised tofu with vegetables, or adding nuts to salads.



## Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

- **Add low-fat or fat-free dairy** to oatmeal or pureed vegetable soups instead of water, and to smoothies or scrambled eggs.
- The nutrients in dairy are **important at every stage of life.** Include foods like low-fat or fat-free dairy milk or yogurt. Need an alternative? Try lactose-free dairy milk or yogurt that's low-fat or fat-free or fortified soy versions.
- Looking for a beverage? Grab a **glass of low-fat or fat-free milk or fortified soy milk** (soy beverage). Choose the unsweetened option.



## Choose foods and beverages with less added sugars, saturated fat, and sodium



### Tips for Less Added Sugars

- Choose **packaged foods that have less or no added sugars**, such as canned fruit packed in 100% juice for an easy snack, plain yogurt (you can add your own fruit), and unsweetened applesauce.
- Try chilled, **plain water or sparkling water with a squeeze of fruit** for a splash of flavor. Limit sugary beverages such as soda, lemonade, sports drinks, or fruit drinks.

### Tips for Less Saturated Fat

- In place of foods higher in saturated fat, **look for foods like nuts, seeds, and fatty fish** like tuna, salmon, trout, and mackerel, which are high in unsaturated fats and a healthier choice.
- Choose **canola oil, olive oil, or other vegetable oils** for cooking.

### Tips for Less Salt and Sodium

- Start simple by choosing foods with less sodium. **Check the Nutrition Facts label and choose foods with a lower percent (%) Daily Value (DV) for sodium** on the label, especially if a family member has high blood pressure, diabetes, or kidney disease.
- **Cook at home!** Preparing your own food puts you in control of how much sodium goes into your meals. Add flavor to foods with herbs, spices, lemon, lime, and vinegar instead of salt or seasonings high in sodium.





## The Dietary Guidelines for Americans

Developed jointly by the U.S Department of Agriculture and U.S. Department of Health and Human Services, the *Dietary Guidelines for Americans* are the Nation's science-based guidance on how to eat for good health. The Guidelines encourage all Americans to start and maintain a healthy eating routine. Along with physical activity, improving what you eat can help you reduce your risk of chronic diseases, such as diabetes, heart disease, some cancers, and obesity. Taking the steps in this brochure will help you follow the *Dietary Guidelines*.

For more information:

[MyPlate.gov](https://www.MyPlate.gov)

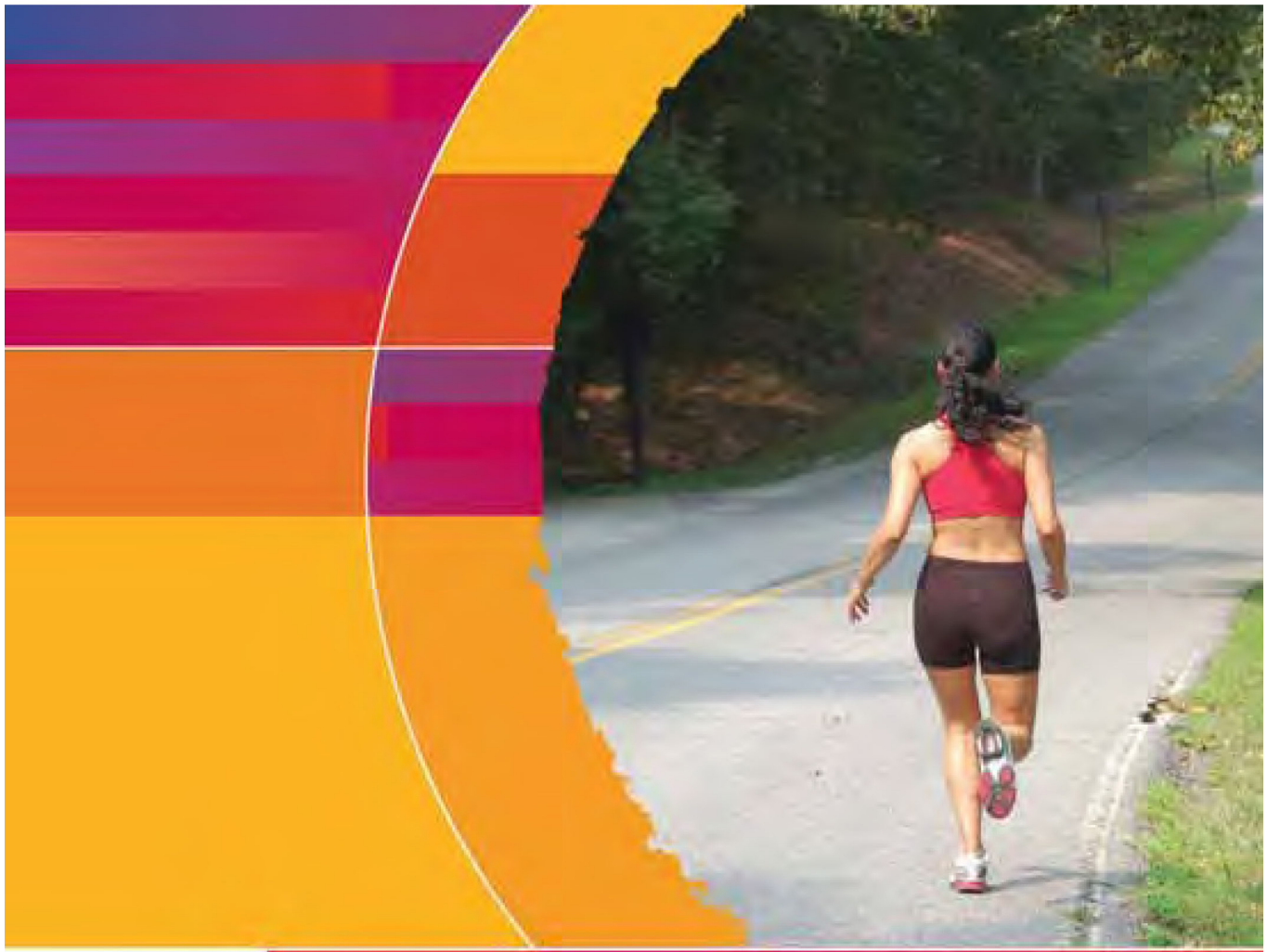
[DietaryGuidelines.gov](https://www.DietaryGuidelines.gov)



Food and Nutrition Service  
USDA Publication number:  
USDA-FNS-2020-2025-DGA-CP  
December 2020

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**A Roadmap to Wellness  
for Individuals  
Living with Mental Illness**



## Healthy Eating

Nutrition is important for everyone, but if you are living with mental illness, eating well is especially important for you. The foods you eat can affect your daily life, mood and energy level.

Healthy eating is not about being thin or deprivation. The word “diet” refers to eating habits. A healthy diet is about feeling good, having more energy, participating in your recovery and mapping out your future. A poor diet equals poor health, contributing to obesity, metabolic syndrome and diabetes—conditions that many people living with mental illness are at high risk of developing.

### What’s a Portion Size?

- **Woman's fist or baseball** = 1 serving of vegetables/fruit.
- **A rounded handful** = about 1/2 cup cooked or raw veggies or cut fruit, a piece of fruit or 1/2 cup of cooked rice or pasta. This is also a good measure for a snack serving, such as chips or pretzels.
- **Deck of cards** = 1 serving of meat, fish or poultry.
- **Golf ball or large egg** = 1/4 cup of dried fruit or nuts.
- **Tennis ball** = about 1/2 cup of ice cream.
- **Computer mouse** = 1 small baked potato.
- **Compact disc** = 1 serving of a pancake or small waffle.
- **Thumb tip** = about 1 teaspoon of peanut butter, butter or margarine.
- **Six dice** = 1 serving of cheese.
- **Check book** = 1 serving of fish (approximately 3 oz.).

### What Is a Healthy Diet?

A healthy diet emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk products. A healthy diet should also include lean meats, poultry, fish, beans, eggs and nuts. Be sure to limit saturated fats, trans fats, cholesterol, sodium and added sugars.

Here is a list of healthy foods. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to see the recommended balance for a good diet as suggested by the U.S. Department of Agriculture.

### Whole grains

The benefits of a high-fiber diet are well-known. Besides fiber, whole grains provide B vitamins, folic acid, iron and magnesium. Look at the nutrition facts panel for at least two grams of dietary fiber per slice of bread. The first ingredient should say “whole wheat” or “100 percent whole grain.”

### Fats

Foods that are high in saturated fats can increase our cholesterol levels. It is important to limit foods such as fatty meats, whole milk, butter and tropical oils such as coconut and palm.

Trans fats should be eliminated, so look at the nutrition facts panel and avoid foods that contain partially hydrogenated oils. Foods such as margarine, shortening, commercial french fries and pastries are often high in trans fat. When choosing cooking oil, use canola or olive oil whenever possible.

Omega-3 fats, which have health benefits, are found in fatty, deep-water fish such as salmon, tuna, bluefish, sardines and herring. Some studies show that Omega-3 fats provide protection against heart disease, stroke and may also be useful for depression and other health issues. Omega-3 fatty acids are a source of ongoing research in psychiatric conditions.



### Milk and Milk Products

Milk products are our main source of calcium and vitamin D, both of which are essential for healthy bones and teeth. Milk and milk products are also a good source of riboflavin, potassium, protein and magnesium.

The recommendation for calcium is 1,000-1,200 mg per day. One serving of milk contains about 300 mg. Other sources of calcium include yogurt, cheese, dark green vegetables and calcium-fortified orange juice. If you cannot tolerate milk products, try lactose-reduced



products. If you are dairy-free or vegan, go for calcium-fortified soy or rice milk.

### Vegetables

Vegetables are low in calories but high in fiber, potassium, vitamins A, C and E and phytonutrients. Benefits of eating vegetables include reduced cancer risk, reduced risk of heart disease, lower blood pressure, diabetes prevention and help with weight control. Choose a wide variety of colors when selecting your vegetables each day for the most health benefits.

### Fruits

Apart from vegetables, fruits are the most colorful foods on the pyramid. They provide fiber, folic acid and a variety of other nutrients such as vitamin C, potassium and health-protective phytonutrients. Also, they are relatively low in calories and make a healthy, filling snack.

### Nuts and Seeds

Nuts can provide a powerhouse of nutrients. Each type of nut offers its own health benefits. For example, walnuts contain plant-based Omega-3 fatty acids, almonds are high in vitamin E and Brazil nuts are high in selenium (an antioxidant). Since nuts and seeds are high in calories, be sure to watch your portion size.

### Beans

All beans are inexpensive, low-fat, nutrient powerhouses. They contain protein, fiber, B vitamins, iron, folic acid, potassium, magnesium and phytonutrients.

### Protein

All red meat choices should be lean, and poultry should be skinless. Choosing white meats over red meats is a good general strategy. Fish should be eaten at least twice a week. Beans, tofu and nuts can substitute for meat in meals.

### Tips for Eating Well on a Tight Budget

- Bring a list to the grocery store, and stick to it.
- Eat a light snack before you shop to reduce impulse buying—don't shop hungry.
- Choose fruits, vegetables and meats that are on sale and use coupons. You can freeze anything extra that you pick up on sale.
- Buy produce in season because it is priced to sell.
- Consider buying generic store brands because they are generally the same quality as national brands but with a different label.

- Avoid buying individually bottled drinks.
- Look up recipes that use specific ingredients that you know you can get cheaply.
- Stock cupboards with quick, easy, cheap items: beans, brown rice, pasta, low sodium soup, frozen produce, condiments, canned fish and eggs.
- Buy nonperishables in bulk when they are on sale.
- Beans are an inexpensive and healthy source of protein.

### Dining Out

Restaurants may be able to make healthier versions of their dishes, and there's nothing wrong with asking. Most restaurants just want to make customers happy. Ask if you can get your food baked, roasted or steamed instead of fried. Ask for fat-free milk rather than whole milk. Ask for salad dressing on the side. Part of eating healthy is making minor decisions like these, and you may not even notice the difference in taste.

### Food Journals

Keeping a food journal will help you uncover patterns relating to what, when, why and how much you eat and aid you in deciding what changes to make. It is also a surefire way to determine whether you are deducting the correct amount of calories from your diet if you are trying to lose weight.

Get started on your journal today by using an old-fashioned paper and pencil or an online program like the [www.my-calorie-counter.com](http://www.my-calorie-counter.com), [www.fitday.com](http://www.fitday.com) or the [www.myfooddiary.com](http://www.myfooddiary.com).



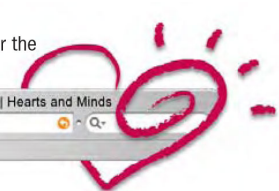
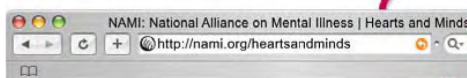
NAMI Hearts & Minds program is an online, interactive, educational initiative promoting the idea of wellness for individuals living with mental illness. This Fact Sheet is offered for informational purposes only. It does not intend to recommend specific treatment or strategies. Individuals should always engage with their health care provider before addressing diet.

This project was made possible with support from Optum Health Public Sector and the Smoking Cessation Leadership Center—University of California. NAMI does not endorse or promote any specific medication, treatment, product or service.

**OptumHealth<sup>SM</sup>**  
Public Sector



For more information about healthy eating or the NAMI Hearts & Minds program, visit



### National Alliance on Mental Illness

3803 North Fairfax Drive, Suite 100 • Arlington, VA 22203 • (703) 524-7600  
NAMI information HelpLine: 1 (800) 950-NAMI (6264)  
[www.nami.org](http://www.nami.org)

Created January 2010

## Mental Illness and Exercise

As with the general population, activity and exercise are very important for people living with mental illness because of a higher risk for heart disease. Exercise can have a huge impact on your health. Physical activity can lower the risk of early death, heart disease and stroke, Type 2 diabetes, high blood pressure, weight gain and high cholesterol—all problems commonly found among people living with mental illness.

While exercise is extremely important, please engage with your health care provider before starting an exercise plan. He or she will confirm that you are putting together a safe and appropriate plan.

### Tips for Exercising on a Budget

**Take advantage of everyday opportunities.** You don't need special equipment for an aerobic workout. Take a brisk walk every day, whether it is a path through your neighborhood or laps in a local mall. Make a workout of household chores.

**Consider modest investments.** Some inexpensive products to consider include dumbbells, resistance tubing, balance balls, jump ropes and exercise videos or DVDs—some may even be available for free from your local library.

**Improvise.** Exercise doesn't have to be intimidating or expensive. You don't need a gym membership to go for a light jog or a walk with a friend. Canned goods can serve double duty as hand weights, milk or water jugs can be filled with water or sand and a common step stool can become exercise equipment if you use it for step training.

**Be a savvy shopper.** Check out your local recreational department or check into the fitness center of a local college or church for bargain access. Online classifieds or used exercise equipment stores often have deals on equipment. Sharing the expenses with a friend can both help defray costs as well as provide motivation and support for a new fitness routine.

### Steps to Success

Follow the steps below to form your own exercise routine.

#### Warm-up

The warm-up will slowly increase your breathing, heart rate and body temperature. Your warm-up should last between five and 10 minutes.

#### Strength Training

This part of an exercise program can be done in many different ways and will help protect your body from osteoporosis, help burn calories and increase lean muscle mass.

Good examples:

- push-ups
- crunches
- pull-ups
- squats
- lunges
- dips



Strength training should be done twice a week when you are first starting out. Try building up as you progress to three or four times per week.

#### Aerobic Exercise

This part of an exercise program includes activity that raises your heart rate. This is the type of exercise best associated with reductions in depression and anxiety.

Basic aerobic exercises include but aren't limited to jogging, swift walking, swimming, step or stair climbing, cycling and inline skating. Start with just 20 minutes a day, and eventually try working up to five hours of aerobic exercise into every week.

#### Flexibility Exercises

This portion of an exercise program, also known as stretching, can be done anywhere, anytime. Stretching can increase flexibility, your range of motion and the blood



flow to your muscles. Stretching also relieves stress, improves balance and helps relax tense muscles. Here are some important tips:

- Be sure to stretch major muscle groups including calves, thighs, hips, back and shoulders.
- Do not bounce as you stretch because this can cause slight tears in the muscles, making them tighter no matter how consistently you stretch.
- Stretching should not be painful, but expect to feel some tension. If you feel pain, you have stretched too far. Ease up and hold the stretch lightly.

### Cool-down

Gradually decrease the intensity of the exercise over a five- to 10-minute period until your heart rate and breathing rate are near normal.

### How Hard Should I Work?

There are several ways you can determine your exercise intensity level. The easiest way is known as the talk test. As a rule of thumb, if you can talk easily you aren't at the high end of your exertion. If your goal is to exercise at a moderate intensity, you should be able to talk, but not sing, while performing your activity. If your goal is to be exercising at a vigorous intensity, you will not be able to say more than a few words without pausing to take a breath.

### Tips for Staying Motivated

#### Barrier 1: "I don't have time."

**Solution:** Squeeze in a few short walks throughout the day, get up a few minutes earlier, take the stairs or do housework at a fast pace, combine activities (e.g., instead of a meeting a friend for coffee, meet for a walk), put your exercise on your calendar, stretch and do strengthening exercises while you are watching television, get off one bus stop before your desired stop or park your car further from the store.

#### Barrier 2: "Exercise is boring."

**Solution:** Choose activities you enjoy; vary your routine; get an exercise partner and/or check out exercise classes or sports leagues at your local recreation center.

#### Barrier 3: "I worry about how I look during exercising."

**Solution:** Remind yourself that you are doing yourself a favor and focus on how you feel after a

workout and praise yourself after your improvements and each time you keep your commitment to exercise.

#### Barrier 4: "I can't afford to join a gym."

**Solution:** Get a great workout by simply using the resources that surround you, take a walk, play basketball, go bowling, ride your bike, dance, go hiking, go roller or ice skating and/or spend some free time gardening.

#### Barrier 5: "I am afraid that I will hurt myself."

**Solution:** Be sure to check with your health care provider before you start an exercise program. If you are new at this, begin your new program slowly so you do not get hurt or get such sore muscles that you won't continue. Choose an activity that is appropriate for your age and ability level. If you decide to go to a local YMCA or recreation center, ask for assistance from the staff at the facility. Finally, remember to warm up and cool down before and after exercise.

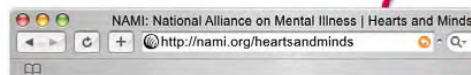
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## Goal-setting Tip Sheet

Setting goals makes it easy to follow your progress; it allows you to identify exactly what you want to achieve, how you will achieve it and where you have to concentrate your efforts. Think about a part of your lifestyle or health that you'd like to change.

**Be focused and realistic:** Ask yourself “what, when, how many, how much?” This way, you'll know when you have achieved the goal and realize the satisfaction from having achieved it.

**Keep goals small:** Keep the goals you are working towards small and achievable. This way you will have more opportunities for reward.

Here are five tips to help you define and reach your goals.

- Identify your goal by **writing it down**
- Set a **deadline** for your achievements.
- List the **obstacles to overcome** in accomplishing your goal.
- List the skills, tools, support or **knowledge you will need** to reach your goal.
- Develop a **plan of action** to reach your goal.

Here are three examples of a well-defined goal:

- “I will smoke one less cigarette, each day, for the next three weeks.”
- “I will cut 500 calories from my diet each day for the next month to lose weight.”
- “I will get off the bus one stop before my appointment to walk the extra three blocks for the next two months.”

Take the time to enjoy the satisfaction of achieving your goal. Reward yourself by doing something that is meaningful to you. Also, take the time to reflect on what you have achieved and how it has impacted your health.

Remember to take baby steps. Creating an unrealistic goal (I will go to the gym every single day and only eat lettuce) is pretty hard to attain for anyone. Goals give you a final destination to aim for, but taking baby steps will still make feel like you've accomplished something and are on the right track, which will, in turn, keep you moving in the right direction. Once you've broken a rigid resolution, however, it's easier to feel like a failure and give up.

If you slip up—don't give up! Just hop right back on track toward your goal—you will get there.

## My Goals Worksheet

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

My goals are (i.e., walk one more mile this week, start a food journal for a month, smoke five less cigarettes a day this week, etc.):

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I will strive to achieve this goal by (date/deadline):

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I will be aware of obstacles that may keep me from reaching my goal, including:

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I will be aware of and strive to manage ways that I can sabotage my progress towards this goal, including:

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The tools and supports I need to reach this goal include:

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My plan of action includes: \_\_\_\_\_

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**National Alliance on Mental Illness**

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