

HEALTHY MIND PSYCHOLOGY UK

LIFESTYLE MEDICINE WORKBOOK



By Dr Amber Johnston

LIFESTYLE MEDICINE IS EVIDENCE-BASED RECOMMENDATIONS TAILORED TO AN INDIVIDUAL'S UNIQUE NEEDS.

They encompass various aspects of our lives, including...

- nutrition
- exercise
- sleep
- stress management
- social connections

These medicines are personalised and empower individuals to take an active role in their own health - much like we do at HMP!

If you are seeking professionals who align with this working - visit: <https://bslm.org.uk>

YOUR

LIFESTYLE MEDICINE (L.M) CHECKLIST

FILL IN THE CHECKLIST SPACES BELOW WITH SELF-CARE ACTIVITIES THAT PROMOTE THE LIFESTYLE MEDICINE KNOW YOU NEED TO WORK ON.

EXAMPLE L.P - EXERCISE

- 10 minutes of yoga daily
- Hitting 5k steps per day
- Getting 8 hours of sleep

L.P -

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L.P -

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L.P -

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DAILY

INTENTIONS

FILL IN THIS WORKSHEET DAILY TO SET YOUR INTENTIONS FOR EACH DAY AND HOW YOU WILL FULFILL YOUR LIFESTYLE MEDICINE.

DAILY AFFIRMATION:

TODAY I AM GRATEFUL FOR:

TODAY'S TOP GOALS

01

02

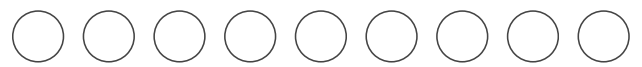
03

SCHEDULE

WATER



SLEEP



MOOD



NOTES