

## Changing Physical Habits

Our behavior and how we feel are strongly connected.

Taking care of our physical health and behavioral habits is crucial to tolerating stress and managing emotions.

According to Brené Brown, improving how we see our vulnerability—acknowledging our risks and exposure to them—can positively influence our adherence to a healthy lifestyle (Brown, 2015).

Complete the following form for further insights into your physical vulnerability and the steps you can take to treat yourself with more care.

	My current habits, and how I feel about them	What can I do to change my habits to ones I am happier with?
Diet		
Sleep		
Exercise		
Physical illness and stress		
Addictions		

### References

- Brown, B. (2015). *Daring greatly: How the courage to be vulnerable transforms the way we live, love, parent, and lead*. New York, NY: Avery.

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