

Rx to Live Well: Sleep, Stress, or Substances

MY GOALS



Sleep _____ hours per night _____ nights per week (aim for 7 to 9 hours every night)

Manage stress by: _____

Find a friend or family member to support my commitment:

Who: _____

Reduce alcohol intake to less than _____ drinks per week

Quit tobacco:

Method: _____ Quit date: _____

Reward myself for small changes and successes:

How: _____

Other: _____

RESOURCES AND FOLLOW-UP

Recommended online resources:

- www.intermountainlivewell.org
- www.choosehealth.utah.gov
- www.intermountainhealthcare.org/wellness
- www.tobaccofreeutah.org

Referral contact information, if needed:

Report or follow up: In _____ weeks / months with _____