



Navigating your emotions around change

It's normal to have mixed feelings when it comes to changing a behavior. Exploring your feelings about change can help you decide whether a new behavior is worth trying.

Working through your feelings

Changing behaviors like getting more exercise, eating well, or managing blood pressure can improve your health, and may also cause you to have uncertainty.

Use this activity to guide you through your feelings and deal with change.



My current behavior works for me because:



What could go wrong if I try to change:



What might happen if I don't try to change:



The hardest thing about change might be:



Talk it through

Your care team is here to help whenever you need it. Talking to someone you trust, like a friend or family member, can also help.