

# HPA-D Treatment Lifestyle Action Steps

1. Try keeping a gratitude journal, either for yourself or make this recommendation to a patient, and write down three things from each day that you're grateful for and how your actions contributed to those, if they did.
2. Stress management is vitally important. It starts with a commitment to yourself. Taking time for yourself is not selfish. It helps you to be the best mother or father, spouse, friend, employee, employer, or person overall that you can be. Discuss this with a patient, a colleague, a friend, or a family member, and/or post an example of one thing you or they did for themselves this week.
3. Meditation. There are tons of free resources online for getting started with meditation.
  - Lifehacker
  - UCLA Mindful Awareness Research Center has a free meditation podcast with guided weekly meditations.
  - Mindfulness-based stress reduction (MBSR)
  - Apps such as Headspace

Find one local resource in your area, or an online link, that you can provide to your patients. See a couple examples that you can use above.

4. How much sleep do you need? This week try Dr. Alex Borbely's two-process model for yourself, or recommend it to a colleague, a patient, a friend, or a family member.

Allow more time in bed for sleep than you need, and then see when you wake up without an alarm clock. For more information, see the below article:

<https://chriskresser.com/how-much-sleep-do-you-need/>

How did it go? Discuss on the ADAPT Discussion Forum.