

CAN-EMPOWER Lifestyle Plan

Research suggests that making changes to your lifestyle can improve your mood, making you feel less anxious. You may find making a weekly plan of these changes could help. If you do want to use this plan, remember to set goals that are realistic and match your values and interests. Always speak to your GP or cancer nurse if you are looking to change aspects of your lifestyle.

Week..... ☐ Tick off goal when completed	Planned action
☐  Increase exercise Increase physical activity, aiming for up to 150 mins of activities a week. These can include gardening, housework and walking.	
☐  Nurture your emotional wellbeing Spend some time nurturing your mind as well as your body. You could do one thing each day that you find joyful or meaningful. Or do something that helps you feel calm, such as breathing exercises.	
☐  Maintain a healthy weight Aim to achieve a healthy weight for you through physical activities, diet and lifestyle changes.	
☐  Have a well-balanced diet Aim to eat a well-balanced diet that is right for you e.g. five portions of fruit and vegetables a day (a portion is about half an apple). If you want to change your diet, a goal could be to speak to your GP or cancer nurse.	
☐  Reduce or stop your alcohol intake If you want to drink alcohol, aim to drink no more than 14 units a week (e.g. six 175ml glasses of wine). A goal could be speaking to your GP or nurse if you are concerned.	
☐  Stop smoking There are no safe limits to smoking, but giving up is hard. If you are looking to give up smoking, you are more likely to succeed with the support of others, so a goal could be to seek help or join a group.	