



Goal Planner Map


Don't forget to bring your plan to your next follow-up appointment or initial consultation appointment, to get your consultants support on how your plan can be achievable!



Medication	Exercise	Sleep
Diet	Mindfulness	Hobbies



**Don't forget you can also bring your completed plan to your GP to get some support with achieving your milestones!*

Guidance for goal mapping

Always remember when making a plan to use SMART planning guidance, information on SMART planning can be found in education section, under goal planning.

Categories	Always remember
<p style="text-align: center;">Medication</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> What medication are you currently on that you would like to reduce on or stop using <input type="checkbox"/> How frequently do you want to review your medication <input type="checkbox"/> How is your medication affecting you? Are there improvements? Has it stagnated? Do you need a review? <input type="checkbox"/> What needs to change in your life so you can start to reduce on your medication? Diet, sleep, exercise <input type="checkbox"/> Do you require medication long term or short term? <p>Speak to your prescribers and they will be able to support you to come up with a medication plan.</p>
<p style="text-align: center;">Exercise</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Always start very light and gradually build up, if all you can do for the first 6 months is wiggle your toe, then that's all you can do <input type="checkbox"/> Try and have a variety of exercises to prevent yourself from getting bored <input type="checkbox"/> Exercise helps with a lot of things, but it is essential for heart health as it helps to lower your blood pressure and cholesterol, and can also support with boosting your immune system and energy levels

	<ul style="list-style-type: none"> It's recommended that you walk 10k steps daily or 30 mins of exercise <p>Always proceed with caution, listen to your body and speak to your health care professionals, prior to doing any exercise, particularly those with mobility issues.</p>
<p>Sleep</p> 	<ul style="list-style-type: none"> For people with chronic illnesses, sleep is essentially one of the most important things you can do for your health next to diet. Sleep is restorative, and enables your body to recover Having a sleep routine can be very helpful with ensuring you get good night's sleep every night If you are struggling with your sleep, please reach out to your GP for support as lack of sleep can often exacerbate symptoms Always aim for 6-8 hours of sleep, and try and avoid naps where you can, as this does make it difficult to maintain a sleep routine! <p>For more information on sleep, check out our roads to wellbeing article, sleep information (<i>Education, Mental Health awareness</i>).</p>
<p>Diet</p>	<p>"You are what you eat"</p> <ul style="list-style-type: none"> Diet heavily impacts on your health and wellbeing, and some foods can exacerbate your system When reviewing relevant diet changes, it's important to understand what your body needs, for example, someone with arthritis has inflammation, therefore a diet

	<p>high in antioxidants (berries/nuts/broccoli) can help with this...</p> <ul style="list-style-type: none"> □ Don't forget, you can ask your GP or healthcare professional for guidance and support, they hold your medical records and can support with giving more directive support! <p>For more information on food and diet, please check out our article on roads to wellbeing (<i>Education, Mental Health awareness</i>).</p>
<p style="text-align: center;">Mindfulness</p> 	<ul style="list-style-type: none"> □ Try and find a day where you actively practice mindfulness, such as breathing exercises or meditation; it's always advisable to do this at either the start or end of the day □ A lot of people find journaling very helpful, particularly writing things down that are stressing you at the end of the day. This also supports with clearing the mind before bed! □ Mindfulness takes consistency and dedication, so having it slotted in at a regular daily timeslot, supports with supporting the brain to formulate this habit! <p>For any suggestions on how/what you can implement in your daily life, to support with mindfulness and staying grounded, check out our mindfulness guide (<i>education – goal planning</i>).</p>
<p style="text-align: center;">Hobbies</p>	<ul style="list-style-type: none"> □ It's important to remember that hobbies don't just support you to fill up the time or distract your mind from whatever stressors you're experiencing. They also



- contribute to helping you feel more positive, due to the chemicals released when you are engaging in an activity
- Try and have a few hobbies, this prevents you from getting bored
- Try something creative, this enables you to use the right side of the brain (creative side), switching off the left (analytic side), allowing for a true break!
- Always remember to try something new and exciting!

Disclaimer - EthVida is not a healthcare provider, we offer awareness in the form of education, signposting and advocacy for plant-based medicines. Please note, all advice given is based on various healthcare models that have been proven to support patients with sustainability and backed by Public Health England (PHE). Nonetheless, you should run any changes to your routine by your GP as they are your primary carer, it is also important that any other healthcare professionals involved in your care is involved in your goal planning. Don't forget they hold your medical records and would be familiar with you; this will help everyone to be on the same page and will also enable you to plan more realistically and not overestimate your capacity!