



Lifestyle To Go

Getting Started with a Healthy Lifestyle

A healthy lifestyle plays an important role in your treatment and can help reduce psychological symptoms. Research shows that a healthy lifestyle not only improves your well-being but also enhances the effectiveness of other therapies.

What Does the Lifestyle Training Involve?

Lifestyle To Go is part of your treatment. Together with others, you will work on improving lifestyle factors that you can influence, such as:

- regular physical activity
- healthy eating
- relaxation
- sleep quality
- reducing substance use
- social connections
- finding meaning and purpose

During the sessions, you will set personal goals for each theme and receive practical guidance and support from your treatment coach to help you achieve them.

Working Together for Greater Success

It can be helpful to involve someone from your personal life—such as a partner, friend, or family member—in your treatment. This person can support you and help you stay on track with your goals throughout the process.

By actively working on your lifestyle, you are taking an important step toward recovery. Together, we'll explore what is realistic for you and how to reach your personal goals.

Meetings:	once a week
Meeting duration:	2 hours
Number of meetings:	6
Materials:	You will receive a workbook.

Interested or Want More Information?

Consult with your practitioner whether he or she can register you. For more information, please contact trainingen@ggze.nl.

Lifestyle To Go is a product of GGzE



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