

Personal Health Goals

Danny van Leeuwen, Opa, RN, MPH
Health Hats

Website and podcast: <https://www.health-hats.com/pod/>



If you're well. Stay well

People who are trying to stay well want to

- Own their own health
- Drink more water
- Eat well
- Get enough rest
- Be active every day
- Manage stress, manage weight
- Have the best relationships possible
- Complain less
- Do meaningful work
- Participate in their communities
- Take out the garbage
- Be able to do their chores
- Live within their means
- Be able to empathize
- Celebrate success
- Enjoy life

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Acutely ill? Get over it

People who are trying get over it want to

Do the same as people who are well **plus**

- Keep their commitments as far as their treatment goes –
 - Take their medicine as prescribed
 - Manage pain
- Adapt to the change in function
- Get some more rest

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Chronically ill? Live best life possible

People who are trying live the best life possible want to

Do the same as people who are trying to stay well and get over it **plus**

- Go get help
- Build a team
- Enlist a Care Partner
- Become an expert in their own condition
- Pay as much attention to the people who help them as they can
- Join a support group
- Prioritize what really matters
- Give themselves a break

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