

## WORKSHEET:

# WHEN CHANGING SLEEP IS HARD

Making changes to your sleep can be hard. Really hard. Here are some questions to think about that might help get you started.

What do you want to change about your sleeping habits?

What are the negative effects of your current sleeping habits? Are they getting in the way of living your life the way you want?

If you made changes now, how would life get better?

What has worked before to help you make and keep changes to your lifestyle?

What is one thing you can do during a defined period of time (one day/one week/one month/a few months) to start making the changes in sleeping habits that you mentioned in question number one? If you need ideas, check out [www.mentalhealthamerica.net/challenge](http://www.mentalhealthamerica.net/challenge).

Who or what can help you stay accountable to yourself? This can be someone who is working on changes with you or reminding you to stay on track. It could also be an app or wearable device that helps you track things.

How can you break up your goal into smaller milestones? How can you reward yourself for reaching these milestones?

If you are taking steps to live a healthy lifestyle but still feel like you are struggling with your mental health, visit [www.mhascreening.org](http://www.mhascreening.org) to check your symptoms.

It's free, confidential, and anonymous. Once you have your results, we'll give you information and help you find tools and resources to feel better.