

# Planning Around Barriers

Here are some examples of how our members have problem-solved and have been prepared for different barriers!

## **What is a barrier?**

Anything that makes it harder for you to reach your goal!

## **Change is too Slow**

Be patient with yourself; remember that change takes time.



## **Transportation Problems**

Don't forget that friends, neighbors, and family members can help out. They can take advantage of our Community Services, and they might even want to join Hope & Healing



## **Bad Weather**

Plan some activities that you can do at home.



## **Boredom with Activities**

Mix up what you do. Don't do the same thing every time you exercise. Think creatively!



## **Too Tired/Low Energy**

Healthy behaviors will actually help you feel better and have more energy. The trick is to get started. After you've been doing something for a while, you will start to notice the benefits.



## **Hard to Break Old Habits**

Start small. Don't try to change everything overnight. Make friends who are working on similar goals and share your support with them.



## **Family Concerns**

This is often a tough and personal issue. Remember it's important to take care of yourself as well as others.

**What are three things you think might get in your way?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Try to think of ways that you can prepare for those challenges:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_