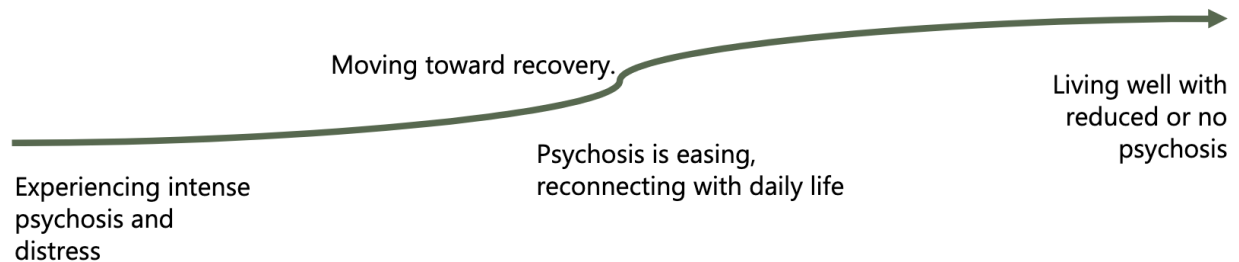




For the Diagnosed Individual: Managing Symptoms

These worksheets are a starting point to support communication and collaboration with your support system and treatment team. These will give you a way to track your symptoms.

You can use the graphic below to reflect on your recovery journey and identify the support that might help the most.



Sometimes, describing your own symptoms can be triggering, depending on where you are in your recovery. Prioritize your wellbeing and take a break from completing the worksheets if needed, so that the worksheets remain constructive and supportive to your journey.

Your symptoms also may change over time or become different symptoms entirely. Revisiting these worksheets regularly can help you track your journey.

You are not alone in this journey, and there are people ready to support you. Consider having a conversation with your recovery team and loved ones about how they could help you manage your symptoms.

These are the common types of symptoms:

Positive symptoms: Common types of “positive” symptoms include:

- Delusions: Strong, fixed beliefs that do not align with reality.
- Hallucinations: Hearing, seeing, physically feeling, smelling or tasting things that are not real.
- Thought disorganization: Difficulty organizing or expressing your thoughts.

Negative symptoms: These include challenges with motivation, social withdrawal, low emotional expression, reduced speech, a loss of interest or pleasure in daily activities and difficulties with personal hygiene.



Cognitive symptoms: Cognitive symptoms are generally related to thinking and brain processing. For example, you might find it hard to concentrate on a task, remember important details or make decisions quickly. You also may struggle to follow a conversation or forget an appointment despite setting reminders.

Other symptoms: Additional symptoms can include anosognosia (a lack of understanding that you are ill), and physical symptoms (which can be caused by medication) such as nausea, headaches, diarrhea, upset stomach, constipation, headaches or weight gain.

Note: Keep this page handy as you're using the worksheets so that you'll have the symptom definitions easily accessible.

How to use these worksheets

This document is broken into three primary sections that correspond with the "I'm Diagnosed. Now What?" toolkit sections. The first section is about looking back and remembering your symptoms. The second section includes ways to reflect on managing your symptoms, and the final section describes steps to take as you move forward.



Section 1: Reflecting on Your Symptoms

Part 1 of the “I’m Diagnosed. Now What?” toolkit provides a symptom overview on pages 5-6, and there is a symptom summary on the previous page of this document. Many people living with a psychosis-related disorder may experience these types of symptoms.

Remembering your symptoms

What can I remember about any symptoms I’ve been through? How did these symptoms make me feel? Are these new symptoms? How do these compare to what I’ve experienced in the past?

Positive Symptoms:

Negative symptoms:

Cognitive symptoms:

Other symptoms:



Reflecting on what's changed

Reflecting on where you are today, what symptoms have changed since your last medication, therapy or life activity (job, volunteering, hobbies etc.)?

During the last week? Last month?

Positive Symptoms: Time frame:

Negative symptoms: Time frame:

Cognitive symptoms: Time frame:

Other symptoms: Time frame:



Previous experiences talking about your symptoms

What happened when I talked about my symptoms with my support system or healthcare provider? How did that make me feel?

Type of symptom:

- Positive Negative Cognitive Other

Role/Name of person I spoke with:

What happened:

Previous experiences talking about your symptoms

What happened when I talked about my symptoms with my support system or healthcare provider? How did that make me feel?

Type of symptom:

- Positive Negative Cognitive Other

Role/Name of Person I Spoke With:

What happened:



Section 2: Managing Your Symptoms

Part 1 of the “I’m Diagnosed. Now What?” toolkit has some ideas on pages 14-17 about good steps for managing your symptoms. You may want to use this worksheet frequently, as your symptoms may change over time.

NOTE: *You may find yourself experiencing more than one symptom. Please make as many copies of this page as you need depending on how many symptoms you’re navigating.*

Steps to take: Ways to manage your symptoms

Write some steps you might take and possible ways your loved ones could help you:

Describe symptom:

Type of symptom:

Positive

Negative

Cognitive

Other

How I could manage:

How my recovery team and loved ones could help:



Section 3: Looking Ahead

Part 2 of the “I’m Diagnosed. Now What?” toolkit shares some ideas on pages 15-17 for talking about your symptoms with your support system and/or healthcare provider. You can use the spaces below to get started:

Moving forward: Questions to ask about your symptoms

Example: “I feel like _____ symptoms are getting harder to manage. Can we talk through how I could better manage them?”

Using the above example, write your question:

What could help:

Moving forward: Questions to ask about your symptoms

Your question:

What could help:



Additional Personal Notes

Lined area for writing notes, consisting of horizontal lines.