

Symptom Management Worksheet

Following are the tips for managing your symptoms. Read them carefully and practice them in your daily life.

- Learn about treatment options and choose the right one for you wisely e.g chose between counselling, therapy or medication according to your symptoms
- Carry on with the treatment accurately e.g taking medication as prescribed, completing homework on time given by your psychologist.
- Be patient.
- Don't get preoccupied by your symptoms, get yourself busy to divert your mind.
- Share your symptoms with your psychologist and your loved ones.
- Adopt a healthy lifestyle e.g exercising regularly and eating a healthy diet.
- Do yoga or practice deep breathing to release the stress associated with your symptoms.
- Discuss your aim with your psychologist about what you want to achieve and how you can manage and deal with your problematic symptoms.
- Be aware of the triggering situations of your symptoms.
- Start with managing the symptom which is the most problematic one.