

Working Toward Wellness

Each person takes a different path toward wellness. This tool can help you look at your lifestyle choices, track your progress, recognize patterns and put together a wellness plan that fits you. The first thing you can do is educate yourself about your mental health and resources.

Everything in this tool is a suggestion. Your wellness journey will happen step-by-step, not all at once. As you look back, it may surprise you how far you've come.

You may choose to print these pages to complete your Working Toward Wellness tool.

Name:

Family Member / Friend:

Phone Number:

Address:

Health Care Provider (1):

Phone Number:

Address:

Health Care Provider (2):

Phone Number:

Address:

Health Insurance / Medicaid Provider:

Allergies:

Clergy Member:

Phone Number:

Address:

Personal Wellness Checklist

You can think about your wellness using this tool each week to track your progress. You can share this information at your health care appointments.

Check the boxes as appropriate, then give examples in the space provided.

- I know my biggest stress triggers.

Stress triggers:

- I have someone to talk to or a place to write things down, when my stress level is high.

My contact person(s) are:

- I have a way to relax.

Relaxing activities:

- I eat a variety of foods and get the nutrients I need. I have healthy food on hand.

Healthy foods I like:

- There have been no major changes in my appetite lately.

List any changes or state no change:

- I participate in some type of physical activity.

Physical activities and frequency:

I am getting adequate sleep. There have been no major changes in my sleep habits lately.

List amount of sleep/changes:

I am taking my medication(s) as prescribed. I know what to expect from my medication(s).

Times I've missed my medication or questions I have:

I am involved in social activities.

My social activities include:

My friends are aware of my needs, and I am considerate of theirs.

My needs:

Needs of my friends:

I have educated my family and loved ones about my mental health challenges to the best of my ability.

List of resources or ideas to help further educate:

I have a job, hobby or volunteer activity where I feel comfortable. It does not cause too much stress, and I am using and improving my skills.

Job/hobby/activity and skills improved:

Symptoms

One of the ways to measure your wellness is to check for symptoms and how much they keep you from doing the things you want to do. You can rate your symptoms using this tool each week to track your progress. You can share this information at your health care appointments.

- Rate each symptom 1 to 10. How much does this affect my life? (1=not at all, 10=a lot)
- Circle the symptoms that are the most troublesome. Take action as soon as you spot them. Don't wait for a crisis.

___ Sad, empty, irritable or tearful mood most of the day, nearly every day

___ No interest in or pleasure from activities once enjoyed

___ Major changes in appetite or body weight

___ Insomnia or sleeping too much

___ Feelings of restlessness or being slowed down

___ Fatigue, exhaustion, lack of energy

___ Feelings of worthlessness or excessive guilt

___ Inability to concentrate or make decisions

___ Thoughts of death or suicide

- ___ Feeling overly energetic, "high," "better than good," or unusually energetic for at least one week
- ___ Very high self-esteem, feeling like you can do anything
- ___ Decreased need for sleep without feeling tired
- ___ Talking more than usual, feeling pressure to keep talking
- ___ Racing thoughts, many ideas coming all at once
- ___ Distracted easily, thoughts or statements jumping topic-to-topic
- ___ Increase in goal-directed activity, restlessness
- ___ Excessive pursuit of pleasure without thought of consequences

- ___ Drinking alcohol / Using substances
- ___ Overeating
- ___ Obsession(s)
- ___ Anxiety
- ___ Panic attack(s)
- ___ Delusions (strange or bizarre thoughts)
- ___ Hallucinations (seeing or hearing things)

Healthy Lifestyle

What keeps me from falling asleep? What keeps me waking up?

What can I do?

What eating habit or nutrition challenges do I face?

What can I do?

What exercises help me feel better?

How many times per week do I do these exercises? How many minutes do I do these exercises?

What activities provide relaxation, comfort, leisure and/or self-expression?

How many times per week do I do these activities? How many minutes do I do these activities?

How does my mental health affect my relationships?

In these relationships, are there things I'm doing that I can change to improve things? If so, what?

Are there relationships that are hurting me that I may need to end?

Do you have side effects with your medications? If so, what?

What are some ideas for coping with these side effects?

Do I see a therapist or get peer support (e.g. support group)? If so, what are the goals?

Talking to Health Care Providers

You should see yourself as a partner with all of your health care providers. Don't feel intimidated by your providers or think that you are wasting their time with questions. Communicate your symptoms, feelings and needs.

Question / Concern

Answer / Comment / Solution

Question / Concern

Answer / Comment / Solution

Question / Concern

Answer / Comment / Solution

Talking to Others about My Mental Health

It is your choice whether or not to tell others about your mental health. Some people will be more understanding than others. It might be helpful to have some educational materials available for you and others.

Something that people ask me:

Working toward wellness, how I would like to respond:

Something that people ask me:

Working toward wellness, how I would like to respond:

Something that people ask me:

Working toward wellness, how I would like to respond:

Adapted from materials by the Depression and Bipolar Support Alliance (DBSA)
DBSA envisions wellness for people living with depression and bipolar disorder.
DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.
[see [their website](#)]

Domestic Violence Help

[Click Here](#) for contact information on crisis teams across Alaska and to find programs in your area that can help.

[Click Here](#) for resources from the ELCA website about helping to nurture families dealing with domestic violence.

Suicide Prevention

If you're having thoughts of suicide, call [the Alaska CARELINE](#) (1-877-266-4357), for help or contact a mental health professional, or reach out to someone you love and trust. You can also text 4help to 839863, 3 – 11 pm Tuesday – Saturday.

Suicide prevention works. People can and do put suicidal thoughts behind them.

[Click Here](#) for information and resources from the Lutheran Suicide Prevention Ministry.