My Busy Brain and Body Notes

Write it down, so your doctor sees the whole picture.

1 What's harder

- [ ] Stress hits faster
- [ ] Memory and focus
- [ ] Sleep
- [ ] Tiredness
- [ ] Bigger emotions
- [ ] Other: _____

2 When it happens

- [ ] Morning
- [ ] Afternoon
- [ ] Night
- [ ] Before my period
- [ ] Busy days
- [ ] When: _____

3 What helps

- [ ] Rest
- [ ] Moving
- [ ] Kind words to myself
- [ ] Doing less
- [ ] Talking to someone
- [ ] I tried: _____

My questions: _____