



My Wellness Checklist

Use this health checklist for your next appointment. Review it with your provider and discuss ways to manage your mental health and overall wellness.

Preparing for Your Visit

Check the boxes that apply to you. Add notes to talk about with your provider.

I have been feeling:

- Anxious
- Stressed
- Sad
- Lonely
- Down
- Depressed
- Hopeless
- Angry
- Reflective
- Happy
- Grateful
- Calm
- Excited
- Hopeful

Notes:

- Has my energy level changed since the last visit? Yes No
- Have my emotions affected my daily activities? Yes No
- Am I having trouble sleeping? Yes No
- Have my eating habits changed? Yes No
- Have people made comments about my mood or attitude?..... Yes No
- Have I become more irritable? Yes No
- Have I been avoiding social activities? Yes No
- Do I have any concerns about my physical health? Yes No
- Do I have access to resources for food, housing, and other basic living needs? Yes No

Other things I would like to discuss:

Notes from Today's Visit

Topics discussed:

My goals:

Additional resources to help manage my condition:

Upcoming Appointments

My next appointment:

Date:

Location:

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Lab tests:

Date:

Location:

Other important reminders:
