

UNDERSTANDING SYMPTOMS

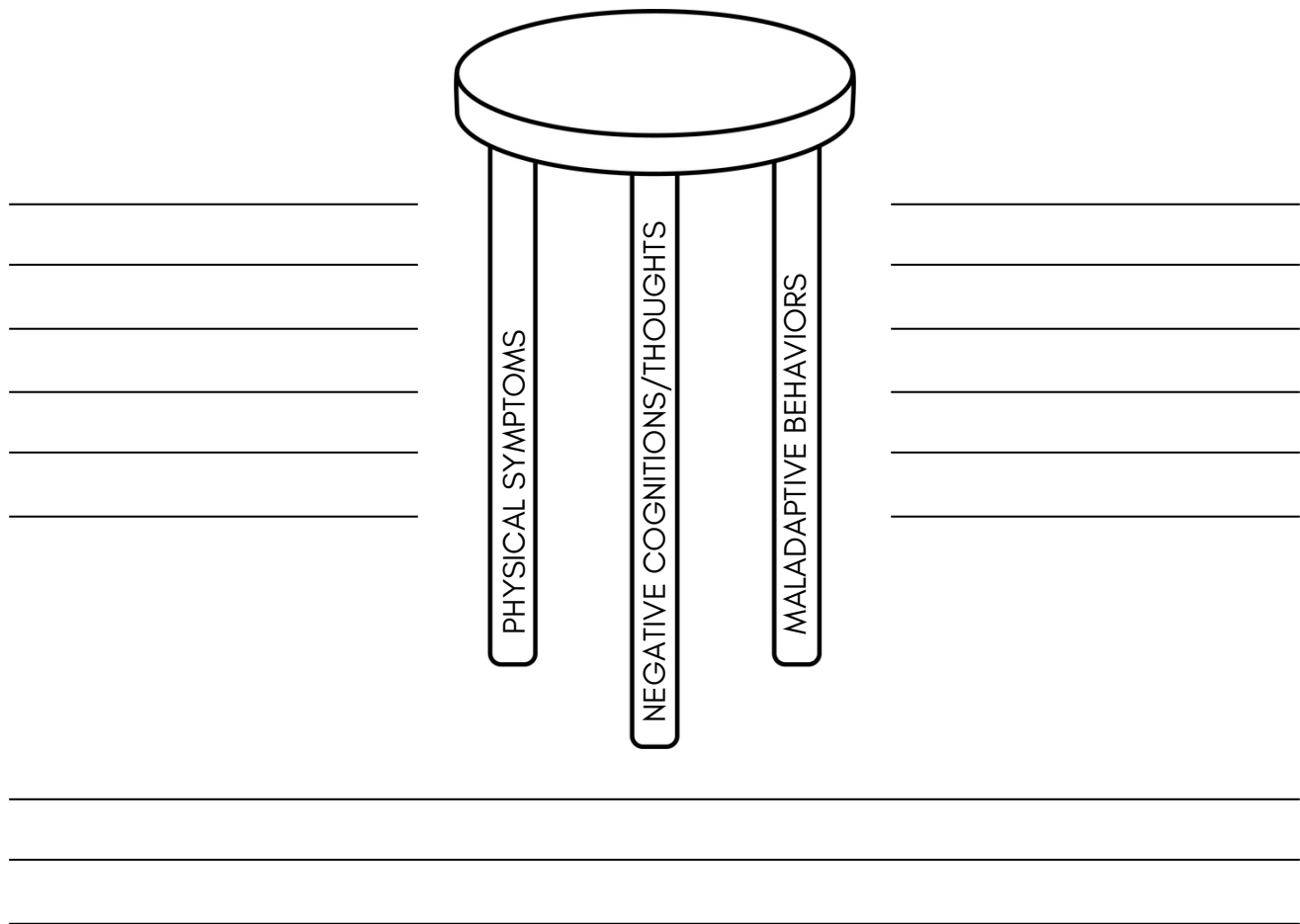
PHYSICAL, COGNITIVE & BEHAVIORAL

The first step to treatment is awareness! Let's take a moment to understand the relationship between our problems and the symptoms we suffer.

This is a table with three legs.

On the table, list problems you are suffering from. Under the first leg of the table, list the physical symptoms that are bothering you. Under the second leg, list the negative cognitions/thoughts you struggle with. Under the third leg, list the maladaptive negative behaviors or unhealthy habits you do in your current lifestyle.

Cognitive Behavioral Therapy and Meditation techniques help the user navigate themselves out of unhealthy habits, and aid in addressing the problematic symptoms and concerns.



PHYSICAL SYMPTOMS

NEGATIVE COGNITIONS/THOUGHTS

MALADAPTIVE BEHAVIORS



WHAT MAKES SYMPTOMS A PROBLEM WE SHOULD ADDRESS?

If I had a magic wand & could take away all your problems, what would your life look like in these following areas?

Work: _____

Social: _____

Intimacy: _____

Self Care: _____

Spirituality: _____

Money: _____

Boundaries: _____

Confidence: _____



Notice the gap between the life you live and the life you ideally want? What holds you back from attaining your ideal life?

TYPES OF TREATMENTS: STRESS

Stress is when your activity i.e. mental/physical activity level surpasses your energy level. There are four sources of energy: food, sleep, exercise, breathing/calm state of mind. List what you need to improve in the following areas to attain a better self.

FOOD

Do you put time into preparing healthy meals? Are you eating well, regularly, feeling energized after a meal or sluggish?

SLEEP

What is your sleep hygiene like? Do you get enough sleep? Is the quality of your sleep restful?

EXERCISE & BREATHING

Do you exercise? How often? Do you practice breathing exercises & meditation?

CALM STATE OF MIND

What stresses you? What do you need to address in life to live a better life?

GRATITUDE

What do you have in life for which you are grateful?
