

Daily Agenda and Worksheet

DVR, 12/08

Mental Wellness: Mind and Brain Matter!

Remember that your mental health involves mind and brain. Brain is the physical organ that sits inside your head. Mind refers to all the functions – like thinking, feeling, perceiving, acting, etc. that the brain makes possible. Your best mental health depends on taking care of your mind and brain. Medications target the brain, your efforts to learn to cope, think and feel differently through therapy (learning) targets the brain. Dr. Ravsten emphasizes a balanced approach to mind and brain health to aid in your recovery!

Working with your doctor, physician assistant or other mental health provider

To assist in your efforts to recover your best mental health, please consider using this guide to help focus your treatment and to make the most out of your meetings with your health care providers.

- 1. Learn the name (diagnosis) for which you are being treated. If you do not yet know your diagnosis then list the type of problem for which you have sought treatment (i.e. depression, psychosis, anxiety, anger, drug addiction, etc.).**

- 2. Become familiar with and list as many of the signs and symptoms of your disorder that you can. Be sure to highlight the 3 or 4 symptoms that are most distressing.**

Page 2 - Daily Agenda

- 3. List the names and dosages of your medications.**

- 4. Report improvement or progress to your provider promptly during daily rounds.**

- 5. Describe your efforts to improve both how you feel, think and behave as well as improvements in functioning since you were admitted.**

- 6. Ask about lab results, testing and share any concerns or questions with your provider during your visit.**

- 7. Develop daily, weekly, and monthly goals. Track your daily progress to achieve these goals.**

- 8. List progress in your efforts to create a Health Maintenance Plan/Outpatient Recovery Plan.**