
What are you doing to manage your stress?



Where do you find the most joy in your life?

What else is on your mind today?

My Life My Healthcare

How does your healthcare fit with your life?



[http://www.mayo.edu/research/labs/knowledge-evaluation-research-unit/programs/Minimally Disruptive Medicine](http://www.mayo.edu/research/labs/knowledge-evaluation-research-unit/programs/Minimally%20Disruptive%20Medicine)



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This discussion aid will help you and your clinician talk about how your healthcare fits with your life.

Are these areas of your life a source of **satisfaction**, **burden**, or **both**?

Leave blank if not part of your life		
	Satisfaction	Burden
My family and friends	<input type="checkbox"/>	<input type="checkbox"/>
My work or finances	<input type="checkbox"/>	<input type="checkbox"/>
Free time, relaxation, fun	<input type="checkbox"/>	<input type="checkbox"/>
Spirituality or life purpose	<input type="checkbox"/>	<input type="checkbox"/>
Where I live	<input type="checkbox"/>	<input type="checkbox"/>
Getting out and transportation	<input type="checkbox"/>	<input type="checkbox"/>
Being active	<input type="checkbox"/>	<input type="checkbox"/>
Social media, TV or screen watching	<input type="checkbox"/>	<input type="checkbox"/>
My emotional life	<input type="checkbox"/>	<input type="checkbox"/>
My memory or attention	<input type="checkbox"/>	<input type="checkbox"/>
The food I eat	<input type="checkbox"/>	<input type="checkbox"/>

What are the things that your doctors or clinic have asked you to do to care for your health?

Do you feel that they are a **help**, a **burden**, or **both**?

Leave blank if not part of your life		
	Help	Burden
Take medications	<input type="checkbox"/>	<input type="checkbox"/>
Monitor symptoms	<input type="checkbox"/>	<input type="checkbox"/>
Manage my diet and exercise	<input type="checkbox"/>	<input type="checkbox"/>
Get enough sleep	<input type="checkbox"/>	<input type="checkbox"/>
Come in for appointments or labs	<input type="checkbox"/>	<input type="checkbox"/>
Reduce alcohol use, smoking, etc.	<input type="checkbox"/>	<input type="checkbox"/>
Insurance or support services	<input type="checkbox"/>	<input type="checkbox"/>
Manage stress	<input type="checkbox"/>	<input type="checkbox"/>
Write in any others	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>