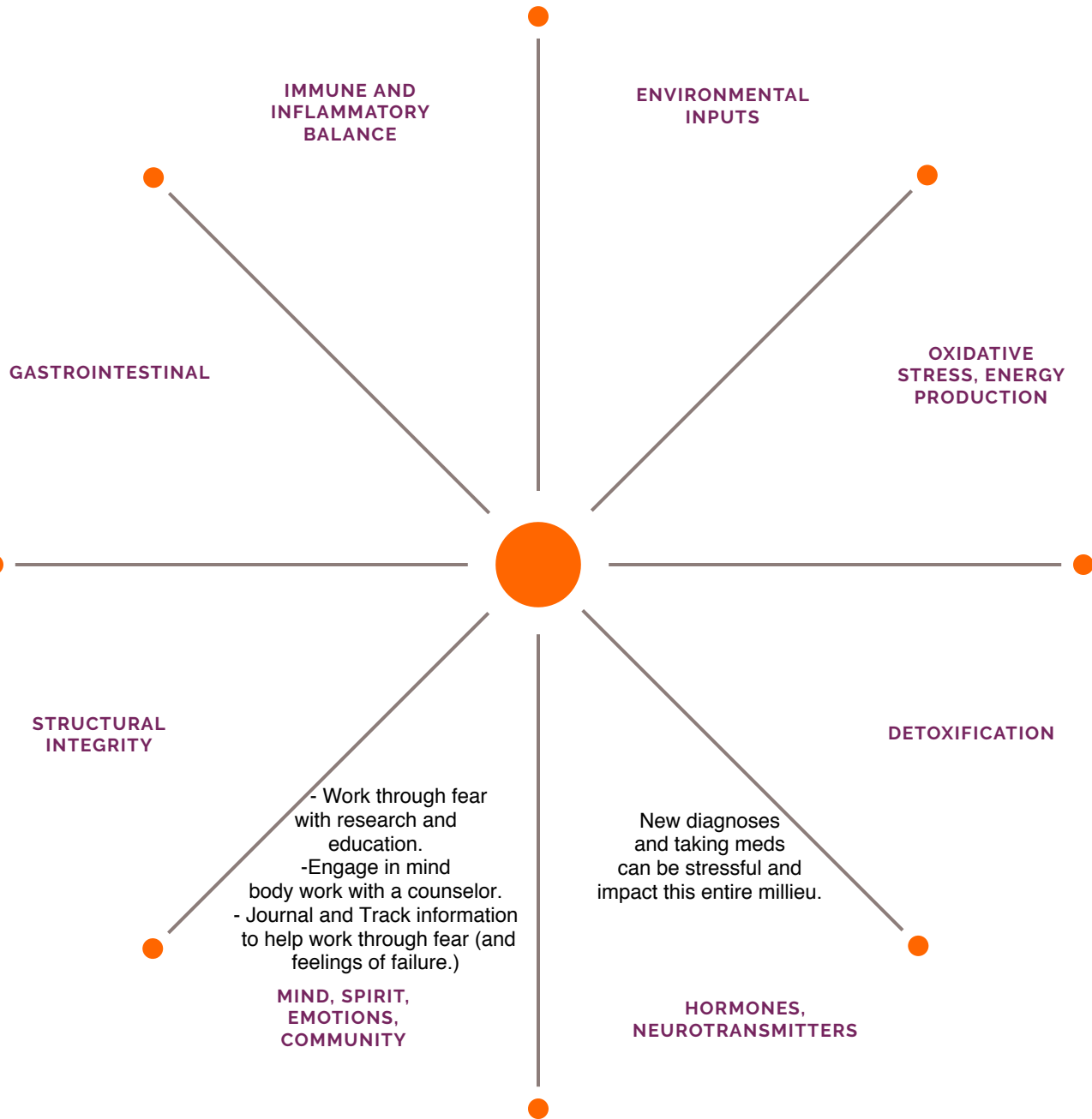


ANTECEDENTS

SLEEP/RELAXATION



EXERCISE/MOVEMENT

TRIGGERING EVENTS

NUTRITION/HYDRATION

The stress of considering meds can become a trigger in itself. Help your patients and clients make a decision that is best for their case, doesn't induce deficiencies that cannot be addressed, and come into acceptance.

- It's important to look at deficiencies that can be induced by medications. These must be addressed so that further symptoms don't develop because of medication.

STRESS/RESILIENCE

MEDIATORS

Combine medication with taking care of diet, lifestyle and mindset.

Create a mantra for 'acceptance' of trialing meds, if they're necessary.

Lab testing is helpful to uncover what needs to be done.

- Work through fear with research and education.
- Engage in mind body work with a counselor.
- Journal and Track information to help work through fear (and feelings of failure.)

MIND, SPIRIT, EMOTIONS, COMMUNITY

New diagnoses and taking meds can be stressful and impact this entire millieu.

HORMONES, NEUROTRANSMITTERS

- Lots of fear and stress surrounds contemplating taking medication.
- Use a mantra when taking meds. Receive it in a positive way. Say 'thank you'.
- TRACK (and listen-in)!!

RELATIONSHIPS/NETWORKS

- Don't assume you can't tolerate medications if you cannot tolerate one medication. It may be a process of trial and error.