

Name:

Date of Birth:

Do you understand your diagnosis?

**Basic Things:**

1. Light
2. Breathe
3. Eating
4. Exercise
5. Sleep

**Approach for Resilience:** What do you need to modify in your life for better wellbeing

- Affective Control (positive emotions vs negative emotions):
  
- Cognitive Therapy
  
- Interpersonal Therapy

**Making Use of Executive Functions of the Brain**

- Spirituality:
  
- Daily Life:
  
- Medication Approach:
  - What can you achieve by medication therapy?
  
  
  - What is the limitation of pharmacotherapy?

**Medication Log**

Date	Name of Medication	Response to Medication	Side Effects