

# Your Personal Medicine Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Personal Medicine is an activity someone does because it helps them feel better or increases their “wellness”. Personal Medicine can be things like:**

- Working as a carpenter
- Being a good parent to my 3-year old daughter
- Vegetable gardening

When we talk about Personal Medicine, we are not talking about psychiatric medicine prescribed by a doctor and we are not talking about over-the-counter pills, vitamins, herbal remedies or street drugs. Personal Medicine is about things you do, not something you take. Personal Medicine is personal. It’s the thing you do that helps *you* feel good about *yourself and your life*. Just like mental health medicine, Personal Medicine has an active ingredient – the thing that makes it work for you. For example\* a walk in the park may help you feel connected to nature and improve your mood – so, **walking in the park** is Personal Medicine and **connecting with nature and improved mood** is how it helps (active ingredient).

This worksheet is intended to help you identify your Personal Medicine and how it helps. Fill in the chart below with activities that work for you. Read the example below and then fill in your answers:

Personal Medicine		Active Ingredient (How does it help?)	Top 3 I Will Share With Doctor
<i>*Example:</i> Something I do to feel better:	Walking in the park	Connects me to nature and improves my mood	✓
Something I do to feel better:			
Something I do that makes my life meaningful:			
Something I do that helps me feel good about being me:			
Something I enjoy doing on a daily basis:			
Something I do that helps me when I feel bad:			
The most important thing in my life is:			

Finally, from your list above, check off (✓) the three items that are most important to you. Share these with your doctor at your next medication appointment. Knowing what **you do to be well** should help you and your doctor find the right balance of Personal Medicine and mental health medicine for your recovery.

### Does your Personal Medicine meet CommonGround™ Fidelity Standards?

- |  |                              |                             |
|--|------------------------------|-----------------------------|
| 1. Does it help me be well and strengthen my recovery? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Is it something I do NOW in my life?                | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. Is it an activity, not a feeling or state-of-mind?  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. Is it something I DO, not something I take?         | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. Does it say something unique about me?              | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

*If you answered “No” to any of these questions, revise your Personal Medicine so it will be most effective!*