

Patient Mood Enhancing Prescription



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Prescription for Mood Enhancing Activities:

There are many things that you can do to help your mood / anxiety. Sometimes these activities by themselves will help you feel better and sometime additional help (such as psychotherapy or medications) may be needed. If you are having trouble coming up with ideas about changes to your day-to-day activities that might help improve your mood/anxiety you can consider asking your doctor for suggestions.

For each activity write in your plan (include what you will do, how often and with whom).

Set SMART Goals (Specific, Measurable, Achievable, Realistic, Time-bound).

At future appointments your doctor can check in with you to see how things are going.

ACTIVITY PLAN (What? How often? With whom?)

EXERCISE	
EATING WELL	
SLEEPING WELL	
PROBLEM SOLVING	
BEING SOCIALLY ACTIVE	

- How Likely are you to follow this? (1-10)



- What might get in the way (barriers)?

- What solutions can you use to get through barriers?

