**WELLNESS PLAN FOR ­­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Date:

Any specific data:

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**Ongoing recurrent symptoms:**

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**Treatment plan:**

1. **Treatment of underlying physical issues with orthodox and alternative and self-help means:**

*(be specific to your own needs)*

Pain & headaches:

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Post-Exertional Malaise:

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Cognitive difficulties:

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Orthostatic intolerance:

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Digestive problems:

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Sleep:

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Hormones and endocrine:

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Mental health:

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Further areas of investigation:

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1. **Pacing**

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Next Steps:

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1. **Stress Management and sensitivity issues**

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1. **Acceptance**

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1. **Nutrition**

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1. **Sleep**

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1. **Restorative movement**

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1. **Building a support network**

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**9) Finances and housing**

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1. **Spiritual**

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Next Steps:

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**WHERE WOULD YOU LIKE TO BE IN 3 YEARS FROM NOW?**

(Without attachment)

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