

Worry About Your Health

For when worry about your body takes up more of the day than the body does.

WHEN TO USE THIS

Use this before an appointment, or after a day of looking things up.

What are you worried might be wrong with your body?

What have you already been told about this by a doctor or nurse?

What does the worry pull you into doing?

- ☐ Searching online
- ☐ Checking the same spot again
- ☐ Asking people if it looks normal
- ☐ Booking or cancelling appointments
- ☐ Staying away from doctors altogether
- ☐ Watching my heart or my breathing

Worry about your health is real whether or not anything is found. Both of those can be true at once.

What is one question worth writing down for your next appointment?

Bring the question with you. It is easier than trying to remember it in the room.