

Living With Physical Symptoms

A gentle space to notice patterns in your body and wellbeing without judgement. Use only the sections that feel useful.

Which symptoms affect me most at the moment?

How do they affect everyday activities?

How do they affect my mood?

What do other people sometimes misunderstand?

What helps me cope on difficult days?

What support or adjustment would make life easier?

What is still meaningful or enjoyable for me?

Something I want to acknowledge about what I manage is...