

The journey of a thousand miles begins with one step

— Lao Tzu



# MY **REXULTI**JOURNEY

Resources for starting your "REXULTI" treatment

### This kit includes:

- · My Getting Started Information Brochure
- · My Symptom Tracker
- · My Appointment Checklist

Discover online resources at myrexultijourney.ca

# MY SYMPTOM TRACKER

**Important reminder:** Bring this completed Symptom Tracker to your next appointment with your healthcare professional to help you share your journey by discussing your symptoms and how you have been feeling.

This tracker monitors your symptoms on a weekly basis over a span of 4 weeks.

- Once a day, you will be able to note down what you are feeling and how much you are feeling it. You can also set your own personal lifestyle goals (for example, going for walks) and check them off on a daily basis.
- Each week, you can go into more detail by writing down important thoughts and experiences, or even jot down questions related to your depression and treatment.

Next time you visit your healthcare professional, you can use your Symptom Tracker to help you remember how you have been feeling over the last month. **This will help you and your healthcare professional decide whether your treatment plan should be adjusted.** 

I found that with depression, one of the most important things you can realize is that you're not alone

Dwayne Johnson

# **WEEK 1 OF 4**

# Daily symptom tracker

What did you feel today? Score each item as follows:

0 1 2
Did not feel it Felt it a little Felt it a lot

			SYMPTO	OMS				W/bat bast dassibas
DAY	Sadness	Agitated (feeling of being restless) or irritable	Hard to concentrate	Loss of interest in things	Tired	Negative thoughts	TOTAL	What best describes how you feel today?  Try using one word.
1								
2								
3								
4								
5								
6								
7								

### Daily lifestyle goals

It is important that you set yourself lifestyle goals and try your best to achieve them.

DAY	GOAL #1  I want to chat with a friend.	GOAL #2  I want to go for a walk.	GOAL #3  I want to eat something healthy.
1			
2			
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### **Weekly wellness check**

### MY THOUGHTS

(Emotions and/or mood changes for the week)

Overall,	this	week	has	been	bad,	⁄okay,	/posit	tive.	I ha	ve i	been	feeli	ng	

tired/energetic and disengaged/engaged.	

### MY ACHIEVEMENTS

(For example, exercise, nutrition, or mindfulness)

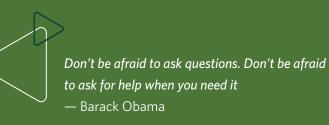
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MY QUESTIONS	
(For your healthcare professional at	vour next visit)
What else can I do to deal with negativ	re thoughts?



# **WEEK 2 OF 4**

# Daily symptom tracker

What did you feel today? Score each item as follows:

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DAY	Sadness	Agitated (feeling of being restless) or irritable	Hard to concentrate	Loss of interest in things	Tired	Negative thoughts	TOTAL	What best describes how you feel today?  Try using one word.
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### Daily lifestyle goals

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### Weekly wellness check

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(Emotions and/or mood changes for the week)
Overall, this week has been bad/okay/positive. I have been feeling
tired/energetic and disengaged/engaged.
MY ACHIEVEMENTS (For example, exercise, nutrition, or mindfulness)
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MY QUESTIC	)NS
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# **WEEK 3 OF 4**

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DAY	Sadness	Agitated (feeling of being restless) or irritable	Hard to concentrate	Loss of interest in things	Tired	Negative thoughts	TOTAL	What best describes how you feel today?  Try using one word.
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### **Weekly wellness check**

### MAY THOUGHTS

(Emotions and/or mood changes for the week)
Overall, this week has been bad/okay/positive. I have been feeling
tired/energetic and disengaged/engaged.
MY ACHIEVEMENTS (For example, exercise, nutrition, or mindfulness)
I stuck to my exercise plan this week by going on a bike ride every
I stuck to my exercise plan this week by going on a bike ride every other day. I mostly ate well but had a few cheat meals.

MY SLEEP (Quality and quantity for the week)
Over the week, I slept badly/well and for an average of X hours.
MY QUESTIONS
(For your healthcare professional at your next visit)
What else can I do to deal with negative thoughts?



# WEEK 4 OF 4

## **Daily symptom tracker**

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### Weekly wellness check

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MY OU	ESTIONS
	ealthcare professional at your next visit)
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Notes			











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