

Your Personal Wellbeing Prescription

A collaborative plan to support your mental and physical health beyond medication

Patient Name: _____

Date: _____

Clinician: _____

This wellbeing prescription outlines key lifestyle areas known to support emotional, mental, and physical health. Each section includes a short explanation and space for you to rate how things are going. We'll use this to identify any gaps and co-create a plan together.

Wellbeing Areas and Self-Ratings

Area	Why It Helps	Rating (0–10)
Exercise (Movement)	Regular physical activity boosts mood, reduces anxiety, and improves sleep by increasing endorphins and balancing brain chemicals like serotonin and dopamine.	____ / 10
Hydration (Water Intake)	Dehydration can impact concentration, mood, and energy levels. Drinking enough water supports brain function and reduces fatigue.	____ / 10
Nutrition (Fresh Food, Less Processed)	A diet rich in whole foods, fruit, and vegetables reduces inflammation and supports gut health, which is linked to mood regulation.	____ / 10
Sleep (Quality & Quantity)	Poor sleep is directly linked to increased risk of depression, anxiety, and poor cognitive function. Consistent sleep restores emotional balance.	____ / 10
Gratitude Practice	Expressing gratitude regularly is shown to boost positive emotions and reduce stress and depressive symptoms.	____ / 10
Connection with Others	Human connection is vital to mental health. Loneliness is as harmful as smoking in terms of long-term health impact.	____ / 10
Daily Routine	A regular structure can help reduce uncertainty, improve focus, and promote stability—especially for those with anxiety or low mood.	____ / 10
Goal Setting	Small, achievable goals create momentum and a sense of control, which are protective against depression.	____ / 10

Nasal Breathing	Breathing through the nose activates the parasympathetic nervous system, helping reduce anxiety and improve oxygen exchange.	___ / 10
Time Outdoors (Nature & Daylight)	Exposure to natural light and green spaces reduces stress hormones and supports mood regulation and circadian rhythm.	___ / 10
Oral Hygiene	Poor oral health is linked to systemic inflammation, which may impact mood and cognition. Consistent dental hygiene supports overall health.	___ / 10
Morning Light Exposure	Early daylight exposure helps regulate melatonin and cortisol, improving energy and sleep quality.	___ / 10
Caffeine Moderation	High caffeine intake can worsen anxiety and disrupt sleep. Cutting back improves calmness and sleep depth.	___ / 10
Avoiding Drugs/Alcohol	Alcohol and drug use can worsen mood, increase anxiety, and interfere with sleep and recovery. Reducing or stopping use promotes mental clarity.	___ / 10

Action Plan

Let's work together to create a plan in any area(s) you'd like to improve. Choose 1–3 focus points for now.

Key Focus Areas:

1. _____
2. _____
3. _____

Agreed Next Steps:

- _____
- _____
- _____

Follow-Up Plan:

- Review in ___ weeks/months
- Support needed: _____

Sign-Off

Patient Signature: _____

Clinician Signature: _____

Date: _____