



It can be helpful to think of ourselves and our doctors as co-explorers. We are on a journey to explore and discover what works best for our recovery and healing. It's natural to want to try new things. For instance, it's not unusual to ask:

- Can I reduce the amount of meds I take?
- Can I reduce the number of meds I take?
- Will vitamins, yoga, eating vegan or other healthy strategies help me?
- Can I stop taking meds?
- Will my cultural or traditional healing strategies help me?

These are important questions that we can explore with our doctors. You and your doctor can make a plan and use the tracker below to discover what works best for you.



My Tracker

The question I want to explore: *(example: Can yoga help me be less anxious so I can reduce my meds?)*

My exploration plan: *(example: My doctor and I agree I will do 30 minutes of yoga a day. We will also slightly reduce my meds at the same time. Then I will track how I am doing for two weeks. I will share my tracker with my doctor)*

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Did I follow my plan? <input type="checkbox"/> Yes <input type="checkbox"/> No	Did I follow my plan? <input type="checkbox"/> Yes <input type="checkbox"/> No	Did I follow my plan? <input type="checkbox"/> Yes <input type="checkbox"/> No	Did I follow my plan? <input type="checkbox"/> Yes <input type="checkbox"/> No	Did I follow my plan? <input type="checkbox"/> Yes <input type="checkbox"/> No	Did I follow my plan? <input type="checkbox"/> Yes <input type="checkbox"/> No	Did I follow my plan? <input type="checkbox"/> Yes <input type="checkbox"/> No
I feel: <input type="checkbox"/> Better <input type="checkbox"/> The Same <input type="checkbox"/> Worse	I feel: <input type="checkbox"/> Better <input type="checkbox"/> The Same <input type="checkbox"/> Worse	I feel: <input type="checkbox"/> Better <input type="checkbox"/> The Same <input type="checkbox"/> Worse	I feel: <input type="checkbox"/> Better <input type="checkbox"/> The Same <input type="checkbox"/> Worse	I feel: <input type="checkbox"/> Better <input type="checkbox"/> The Same <input type="checkbox"/> Worse	I feel: <input type="checkbox"/> Better <input type="checkbox"/> The Same <input type="checkbox"/> Worse	I feel: <input type="checkbox"/> Better <input type="checkbox"/> The Same <input type="checkbox"/> Worse
My notes:	My notes:	My notes:	My notes:	My notes:	My notes:	My notes:

What did I learn this week?: *(example: I learned yoga helps me with my anxiety, especially when I do it at night)*