



Personal Medicine Worksheet

As psychiatric medicines, Personal medicines also have a key ingredient that makes personal medicine work for you. Fill out the table given below by writing your personal medicine and what is the key ingredient of that medicine.

Some examples of Personal medication. Please note these are just for reference you can add other than these activities too in your personal medication list.

- Regular exercise
- regular fun activities
- daily meditation
- cooking for family and friends
- Calling a friend
- going fishing on Sundays
- providing for my family
- practising self-compassion
- creating art or poetry
- daily journaling are all good ideas
- creating art or poetry
- limiting caffeine and nicotine
- spending time with family or friends
- using affirmations
- going to shopping
- reading a book

Personal Medication (activities that make you feel better and improve your well-being)	Key Ingredient (How this activity work for you)
<ul style="list-style-type: none"> • Daily walk 	<ul style="list-style-type: none"> • Improves my mood and helps me in remaining physically active.
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References

(n.d.). Dawn Farm - Compassionate, affordable care for addictions.

https://www.dawnfarm.org/wp-content/uploads/PersonalMedicine_11-28-2017_SlideHandouts.pdf

[Nakao, M., Komaki, G., Yoshiuchi, K. *et al.* Biopsychosocial medicine research trends: connecting clinical medicine, psychology, and public health. *BioPsychoSocial Med* 14, 30 \(2020\).](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.