

HOW TO SELF-MANAGE

You have a symptom that would benefit from self-management.



Step 1: Select a self-management strategy you would like to do or try

- From the booklet: My Guide to Cancer Symptoms
- From the website: www.cancersymptoms.mayoclinic.org
- From other patients: Cancer: Managing Symptoms on www.connect.mayoclinic.org

Step 2: Make an action plan to try the strategy

- Specify when, how much, and/or how often you will do it
- Make sure your confidence is at least 7-10
- Share your plan with a friend or family member that can hold you accountable

Step 3: Assess whether the strategy is helping

- By discussing with your friend or family member
- By tracking your activities in your Cancer Symptom and Function Log
- By reviewing your symptom scores in your patient portal (Medical Record—Vitals)

My Action Plan

I wou	ld like	to:											
When? (e.g. "before bed" or "after breakfast")													
How	How much? (e.g. "10 minutes" or "with 1 meal")												
How	often?	' (e.g.	"twice	per v	veek"	or "or	n Sun	days")				
Му с	onfide	nce I d	can do	this:									
0	1		3 o Harc				I			9 Right!			
 (Frien			ember)		wil	ll chec	ck in c	n hov	v my p	olan is	going		
(Day/	Time)												



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