

Personal Medicine is what we do to get well and stay well. Personal Medicine can be the big things that give our lives meaning and purpose. It can also be the smaller things we do to take care of ourselves.

Here are some examples of powerful Personal Medicine:

- Taking a walk in the morning helps me clear my head and get ready for the day ►
- Playing the saxophone helps me control my breathing and reduce anxiety •
- Spending time with my kids helps me feel needed and loved and helps to keep me out of hospital
- Using an earplug in one ear helps me not get distracted by the voices

Personal Medicine is a specific activity, not a feeling or a state-of-being. Personal Medicine is something we do, not something we take like medication, herbal remedies, alcohol or tobacco. It's also something we do NOW in our lives, not a future goal. Personal Medicine is not a generic coping skill. It's personal and includes how it helps us.

Follow the steps on the Cards below to discover your Personal Medicine.

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Wy Personal Medicine		My Personal Med	licine Plan 😿
What I do to feel better and how it helps me	9:	What challenge will this Personal Me	dicine help with?
	poj	I will use this Personal Medicine whe	n:
Is my Personal Medicine powerful?		I will share my Personal Medicine wit	h:
Is it a specific activity, not a feeling or state-of-bei Is it something I do now, not a future goal? Is it something I do, not something I take? Does it say how it helps me?	ng? □Yes □No □Yes □No □Yes □No □Yes □No		
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Wy Personal Medicine		My Personal Medicine Plan 😿	
What I do that gives my life meaning and purp how it helps me:	ose, and	What challenge will this Personal Medicine help with?	
		I will use this Personal Medicine when:	
Is my Personal Medicine powerful? Is it a specific activity, not a feeling or state-of-being? Is it something I do now, not a future goal? Is it something I do, not something I take? Does it say how it helps me?	 P ⊆Yes □No □Yes □No □Yes □No □Yes □No 	I will share my Personal Medicine with:	
My Personal Medicine © 2019 Pat Deegan	PhD & Associates, LLC	My Personal Medicine © 2019 Pat Deegan PhD & Associates, LLC	
My Personal Medicine		My Personal Medicine Plan V	
What I enjoy doing on a daily basis and how it	helps me:	What challenge will this Personal Medicine help with?	
		i will use this Personal Medicine when:	
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Is my Personal Medicine powerful?		I will share my Personal Medicine with:	
Is it a specific activity, not a feeling or state-of-being? Is it something I do now, not a future goal? Is it something I do, not something I take? Does it say how it helps me?	□Yes □No □Yes □No □Yes □No □Yes □No		