

ESSENTIAL TREMOR

MENTAL HEALTH DIARY



Essential tremor (ET) can have a significant impact on daily life and physical health, but along with those challenges can come a less visible mental burden.

This mental health diary is intended to record your feelings and mood over a period of days or weeks, allowing you to better reflect on and understand the way that your symptoms or your loved ones' symptoms affect the mental aspects of your life. Remember, mental health is just as important as physical health.

The types of information you may want to record can include:

- How you feel on days when your tremor is more or less prevalent
- If you feel lethargy, disinterest, or boredom
- The way your mood is affecting how you live your life and the choices you make
- The effects your mood has on your relationships with loved ones
- If you have found yourself drawn to substance abuse or other methods to avoid internal pain
- If your mood is affecting your ability to engage in work and hobbies

JOURNAL ENTRY

It is important to remember that feelings of depression are not just feelings of sadness. These feelings can include emptiness, lack of focus, and a loss of interest in engaging with the world.

IF YOU EXPERIENCE THESE FEELINGS OR THOUGHTS OF SELF-HARM, YOU SHOULD SPEAK WITH YOUR DOCTOR OR OTHER MENTAL HEALTH PROFESSIONAL.

