



What would you like to achieve during today's visit with your provider?

Provider Name: _____

Date: _____

In order to help us meet your health care needs, let us know what you would like to get done during your visit today.

Below is a list to help you think about the things that matter to YOU the most. Circle your top three concerns and give the card to your provider at the beginning of your appointment.

Circle
3

Medication Review

Imaging Appointment/Results

Changes/Updates to Medical History

Lab Results

Specialty Care/Follow-up

Upcoming Appointments

Stress (See scale below)

Other:

Current Stress Level

How are you doing today?

1
It's
Terrible

2
I'm
Unhappy

3
I'm mostly
Dissatisfied

4
Mixed

5
I'm mostly
Satisfied

6
I'm
Pleased

7
I'm
Delighted



Thank you for allowing us to serve you today, if you would like to be contacted regarding today's visit, please leave your name and contact information. _____

CLINIC VISITED TODAY: _____

Did your provider address your needs today? ☐ YES ☐ NO

Were you satisfied with your visit today? ☐ YES ☐ NO

Notes:

**We want to provide you the best
experience possible!**

Please be on the lookout for one of our patient experience surveys that may be mailed or emailed to you.

If your experience was not worth a “**9** or **10**” today or we are not “**always**” meeting your expectations, please contact our Patient Advocate Office via email at V21HONPatientAdvocate@va.gov or call the Patient Advocate Office at (808) 433-0760 or ask to speak to the clinic’s Service Level Advocate before you leave.



Do You Have Stress in Your Life?

What is **stressing** you out the most? - Relationships? Work? Health Issues? Finances?
Another stress/worry situation?

Are you interested in easy ways to reduce your **stress**?

Try these simple but effective ways to manage stress and worry! If you find these aren't helping enough, you are invited to make an appointment with mental health staff or our Primary Care/Mental Health Integrated Team. These "Stress Busters" can help coach you to a more stress-free life. You can make an appointment today during your check out from the clinic with our administrative staff or ask your provider or call our call center at **800-214-1306** today.

1. **Take Some Deep Breaths.** Deep, slow breathing can bring your heart rate and blood pressure down quick and help to focus your mind – just 5 breathes can help! Sit comfortable with hand on your stomach and close your eyes. Take a deep breath and hold for two seconds and slowly exhale. Let your hand rise with each break and focus on the feeling of the air coming in and going out. Want a coach for more advanced breathing skills? Try this website for guided breathing and meditation recordings:
<https://mobile.va.gov/app/mindfulness-coach>
2. **Talk it through with family or friends:** Confiding in a friend or relative about what you are going through can be a powerful way to feel understood and to hear advice on solutions and ways to reduce stress. You are not alone, ask for help from friends and family.
3. **Meditate:** Learn to meditate for even a few minutes of the day to focus and settle your mind. There are many ways to meditate consider a VA app <https://mobile.va.gov/app/mindfulness-coach>
4. **Add More Positive Activities to Your Life:** Sometimes we need to boost our mood through more participation in positive activities. Try this VA app for ideas! <https://mobile.va.gov/app/covid-coach>
5. **Learn Skills to Manage Stress:** Dealing with stress is like building up a muscle – it takes time and effort to get to where you want to be. "Moving Forward" is a VA online course that teaches skills to help you overcome stressful problems and meet your goals. Lots of good ideas here and there is an app for iOS users.
<https://www.veterantraining.va.gov/movingforward>.
6. **Learn about Living Whole Health** and complete your own Personal Health Inventory and a Personal Health Plan to share with your VA treatment team. Choose from a number of Well Being Programs at <https://www.va.gov/wholehealth/>

VA Pacific Islands Health Care System – We care about your stress and worry!





SELF-CARE STRATEGIES DURING TIMES OF STRESS

PAUSE. THIS IS AN INCREDIBLY CHALLENGING TIME. YOU'RE DOING THE BEST YOU CAN.



You may be feeling like you're in the midst of a **marathon**. It is expected that you will **move through this in phases** - initially running off adrenaline, proceeding to become irritable with others, having bouts of anxiety and difficulty sleeping. This is normal, and **you will need to take breaks and pause**. A sprinters pace is just not sustainable, and breaks also allow for an additional opportunity to **breathe deeply and reflect on what's going right in your life**.

BREATHE. INHALE FOR 5, HOLD FOR 3, EXHALE FOR 5.



Slowing down your breath is incredibly effective at lowering your heart rate and nervous system. Pause and **inhale through your nose while counting to 5**, and notice your stomach rise. **Hold your breath, while counting to 3. Exhale through your mouth, counting to 5 again.** Repeat as many times as necessary.

FIND A Buddy to Check-in Daily With.



Identify someone you can lean on, and check-in daily. Connection to others is key to our mental health. **The check-in can be short** - just a reminder that you're not alone.

EXERCISE DAILY, EVEN IF JUST FOR A FEW MINUTES.



Exercise is key to mental and physical health. If you're feeling pressed for time and wondering how to possibly fit in exercise, consider a **10-min walk** while you check-in with your buddy, or **stretching at your desk if you are at work**.

PRACTICE HEALTHY SLEEPING HABITS, AS BEST AS YOU CAN GIVEN THE CIRCUMSTANCES.



Getting good sleep can be **easier said than done**, especially when anxious, stressed, and/or depressed. When possible, **try to make your bedroom a stress-free zone**. Avoid using your phone, computer, or TV to read/watch stressful information while in bed. This will help **preserve your bed as a peaceful place** for rest and relaxation.

PRACTICE HEALTHY EATING HABITS, AS BEST AS YOU CAN GIVEN THE CIRCUMSTANCES.



Keeping a **regular eating schedule** can help curb snack cravings. Be mindful of how hungry you are prior to eating. Make/choose meals and snacks with a **variety of nutrient-rich foods** such as fruits, vegetables, whole grains, lean protein, and dairy foods. **Stay hydrated** by drinking water, and limit sugary and caffeinated beverages. Wash your hands prior to preparing food.

COMMUNICATE YOUR CONCERNS AND NEEDS.



Communicate your concerns and what you need – for your work, mental and physical health, home life, etc. **Remember your psychological needs too.**

LOOK INTO VARIOUS APPS FOR ADDITIONAL SUPPORT AND SOCIAL CONNECTION.



Consider looking into **various apps that might be helpful** at this time – apps that support meditation, breathing, staying organized, acupuncture, sleep hygiene, exercise routines, etc. And of course, **stay connected to your friends and family**.

BE KIND TO OTHERS, AND YOURSELF. THESE ARE TRYING TIMES FOR EVERYONE.



These are **incredibly trying times** – at work, at home, in our relationships, in our communities. Decisions will be made that you may disagree with. You may feel a **sense of loss**, as routines are severely interrupted. **Kindness towards yourself, and others, is key** to maintaining our collective health.

