

WELLBEING CHECKLIST

Use this wellbeing checklist to keep track of the things that are impacting on your current health. If you write in pencil you can reuse the form, or take a photo and bring to your appointment.

Physical / Taha Tinana <ul style="list-style-type: none"> <input type="radio"/> Fatigue (low energy) <input type="radio"/> Pain <input type="radio"/> Trouble sleeping <input type="radio"/> Constipation/Diarrhea <input type="radio"/> Sleep Challenges <input type="radio"/> Body Image/Physical appearance <input type="radio"/> Adjusting to new disability - support services <input type="radio"/> Weight Loss/Gain <input type="radio"/> Side Effects from treatment <input type="radio"/> Dental Issues <input type="radio"/> Physical exercise tools and resources <input type="radio"/> Nutrition and Healthy Eating 	Emotional / Taha Hinengaro <ul style="list-style-type: none"> <input type="radio"/> Worry/Anxiety <input type="radio"/> Low Mood/ Depression <input type="radio"/> Anger/Frustration <input type="radio"/> Losing people I care about <input type="radio"/> Feeling helpless/hopeless <input type="radio"/> Feeling alone/isolated <input type="radio"/> Feeling like 'it's all too hard' <input type="radio"/> Fear/worry about the future <input type="radio"/> Low self esteem <input type="radio"/> Access to Psychological/Counselling support <input type="radio"/> Flashbacks/nightmares from cancer treatment <input type="radio"/> Info on self-care tools and resources
Sexual Health & Fertility/Hauora Tōkai me te Taupiri <ul style="list-style-type: none"> <input type="radio"/> Fertility status unknown <input type="radio"/> Fertility options <input type="radio"/> Where to seek fertility support <input type="radio"/> Contraception and Sexual Health Services <input type="radio"/> Intimacy and changes to Sexual Health 	Concentration / Te Hihiwatanga <ul style="list-style-type: none"> <input type="radio"/> Short attention span <input type="radio"/> Memory loss - trouble remembering things <input type="radio"/> Taking longer to finish things than before <input type="radio"/> Brain Fog <input type="radio"/> Trouble concentrating
Social / Taha Whānau <ul style="list-style-type: none"> <input type="radio"/> Feeling different to friends/others <input type="radio"/> Finding it hard to socialise <input type="radio"/> Feeling left behind <input type="radio"/> Romantic relationships <input type="radio"/> Challenges talking to others about cancer <input type="radio"/> Access to social supports & peer support <input type="radio"/> Romantic Relationship 	Family / Taha Whānau <ul style="list-style-type: none"> <input type="radio"/> Finding it hard to talk to loved ones <input type="radio"/> Feeling responsible for family members <input type="radio"/> Worry about impact cancer has on others <input type="radio"/> Feel the need to 'protect' everyone <input type="radio"/> Struggling with place in whānau <input type="radio"/> Supports and resources for whānau <input type="radio"/> Cultural Support
Education and Employment / Kura & Mahi <ul style="list-style-type: none"> <input type="radio"/> Challenges with school/education/study <input type="radio"/> Financial Support for study/work <input type="radio"/> Helpful info on returning to education/study <input type="radio"/> Managing Energy levels at work/study <input type="radio"/> Employment rights and support services <input type="radio"/> Info on Goal setting /Career planning 	Survivorship / Te Mōrehutanga <ul style="list-style-type: none"> <input type="radio"/> Fear about cancer coming back <input type="radio"/> Long term effects <input type="radio"/> Feeling different to who I was before <input type="radio"/> Maintaining a healthy lifestyle <input type="radio"/> Alcohol and Drug use - what I need to know <input type="radio"/> Managing Immunity
Spirituality / Taha Wairua <ul style="list-style-type: none"> <input type="radio"/> Maintaining Hope/Faith <input type="radio"/> Spiritual guidance /Support <input type="radio"/> Connection with nature/ Outdoors 	Other Areas of support <ul style="list-style-type: none"> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>