CONSUMERS

If you have a diagnosis of Serious Mental Illness (SMI), you are more at risk to have other health conditions such as diabetes or cardiovascular disease. You are also at risk of dying sooner than people who do not have mental illness. Just as having a mental illness is not your fault, getting another chronic disease is not your fault. Sometimes the medications you take to help treat your mental illness have side effects like weight gain that put you more at risk for getting diabetes and cardiovascular disease. Just having a mental illness causes certain metabolic changes in your body that make it more likely for you to develop diabetes or cardiovascular disease.

The good news is that there are certain things you can control that can improve your health, lower your health risk and result in you feeling better.

The agency where you receive services is working to improve overall health care. You can participate in the effort in several ways:

- **Take a health screen**
  - Taking a health screen is voluntary. Doing this will help you know where you stand and what goals you may want to set to get healthier
- **Join the health and wellness team at your agency**
  - Brainstorm ideas for improving your agency's health and wellness culture
- **Start a consumer health and wellness group**
  - Identify topics you would like to learn about, like fast food choices or avoiding complications of diabetes
  - Invite guest speakers to a meeting
  - Identify community resources that you feel may be helpful in achieving your goals

Consumers at a mental health agency in Maine developed the following wellness log to help them keep track of some healthy behaviors they said they wanted to work on. One log is a general wellness log and one is for diabetes. One is large font for those with vision problems.

WELLNESS LOG

NAME: _____ **DATE:** _____

GOAL(S) FOR THIS WEEK:

_____

_____

_____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Healthy Food Choices: ☐ YES ☐ NO	Healthy Food Choices: ☐ YES ☐ NO	Healthy Food Choices: ☐ YES ☐ NO	Healthy Food Choices: ☐ YES ☐ NO	Healthy Food Choices: ☐ YES ☐ NO	Healthy Food Choices: ☐ YES ☐ NO	Healthy Food Choices: ☐ YES ☐ NO
Activity Done:	Activity Done:	Activity Done:	Activity Done:	Activity Done:	Activity Done:	Activity Done:

Challenges I Faced:

Developed by consumers at the Capitol Clubhouse, a program of Kennebec Behavioral Health. Use permitted with credit to source.

WELLNESS LOG

DIABETIC

NAME: _____ **DATE:** _____

GOAL(S) FOR THIS WEEK:

_____

_____

_____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Healthy Food Choices: ☐YES ☐NO	Healthy Food Choices: ☐YES ☐NO	Healthy Food Choices: ☐YES ☐NO	Healthy Food Choices: ☐YES ☐NO	Healthy Food Choices: ☐YES ☐NO	Healthy Food Choices: ☐YES ☐NO	Healthy Food Choices: ☐YES ☐NO
Activity Done:	Activity Done:	Activity Done:	Activity Done:	Activity Done:	Activity Done:	Activity Done:

Challenges I Faced:

Healthy Choices:	1 small apple	1 bag popcorn	1 small banana	2 small cookies	6 saltine crackers	½ cup orange juice
	½ cup ice cream	1 slice bread	½ cup corn	⅓ cup rice	1 cup milk	¾ ounce pretzels
	½ cup canned fruit	½ cup peas	½ cup potatoes	⅓ cup pasta	1 6-inch tortilla	2 taco shells

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LARGE PRINT WELLNESS LOG

NAME: _____

DATE: _____

GOAL(S) FOR THIS WEEK:

_____

_____

_____

MONDAY	TUESDAY	WEDNESDAY

THURSDAY	FRIDAY	SATURDAY

SUNDAY	CHALLENGES I FACED:

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