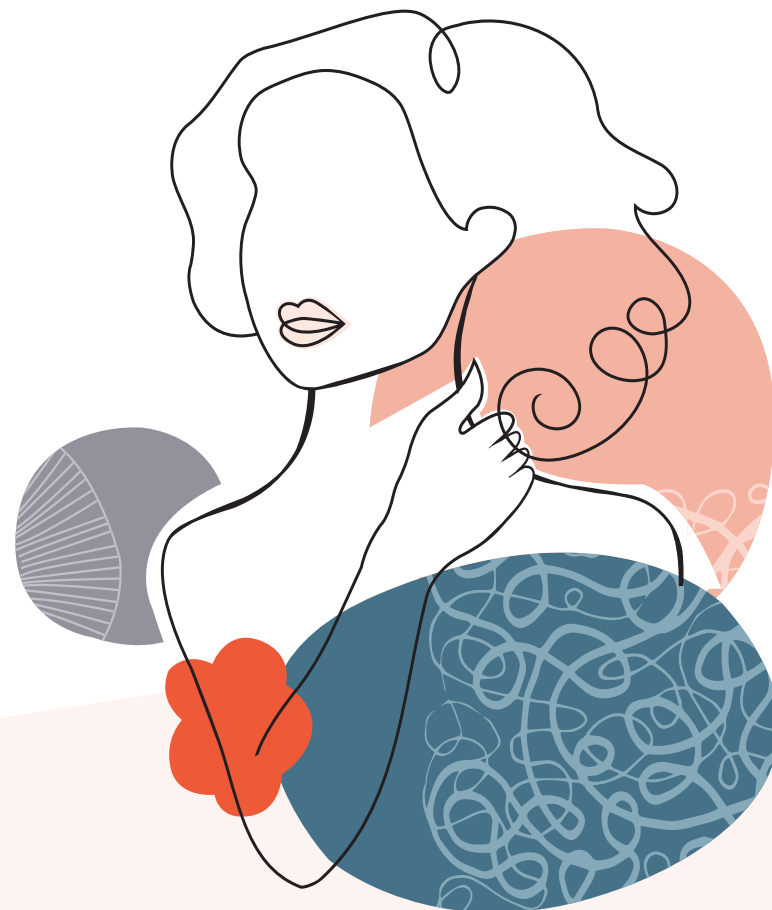


# Wellness Journal

Living with hypothyroidism involves addressing the mind, body, and spirit. It may be helpful to create routines to face challenges and improve your life.



## THIS JOURNAL IS DESIGNED TO HELP YOU RECORD AND MAINTAIN:

- An eating regimen focused on health and nutrition, helping you understand how the foods you eat can affect your condition and feelings
- An exercise and activities routine that's right for you
- A strong spirit and optimistic outlook for your journey

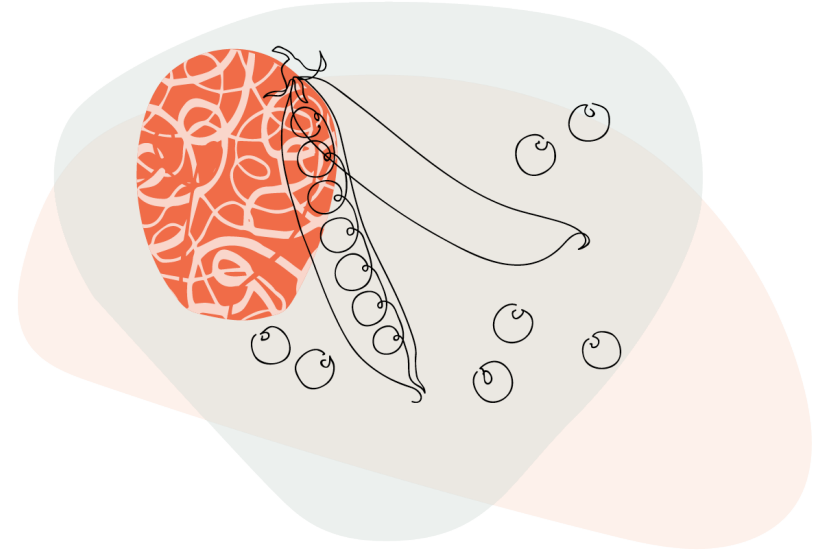
Hypothyroidism can affect people in different ways. This journal allows for personalization—making it uniquely yours!

**Print it out and share the information during appointments with your healthcare provider** to help them clearly understand all the factors you experience as a patient with hypothyroidism.

Together you can create and enhance your total treatment plan. You are powerful, strong, and capable of managing your wellness journey.

# Nutrition for a Healthy Thyroid<sup>1</sup>

Keep track of the foods that help you feel your best and have greater effects on your well-being.



## CONSIDER INCLUDING THE FOLLOWING NUTRIENT-RICH FOODS IN YOUR DAILY MENU:

- Fruits
- Vegetables
- Nuts
- Whole grains

## YOU CAN ALSO HELP FIGHT INFLAMMATION WITH THE FOLLOWING FOODS:

- Organic berries
- Dark leafy greens
- Avocados
- Wild-caught fatty fish like salmon, cod, tuna, and sardines

## ALSO, TAKE NOTE OF FOODS TO AVOID THAT MAY HAVE ADVERSE EFFECTS.

Examples might include<sup>1</sup>:

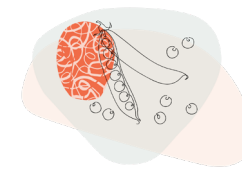
- Processed foods like soft drinks, snack foods, and some frozen meals
- Foods with added sugar such as desserts and artificial sweeteners



SHARE YOUR EATING REGIMEN  
INFORMATION WITH YOUR  
HEALTHCARE PROVIDER.

Ask for tips and advice to improve your nutrition goals.

# Record Your Daily Nutrition



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CHECK HOW YOU FELT AFTER EATING: 😊 😐 😞

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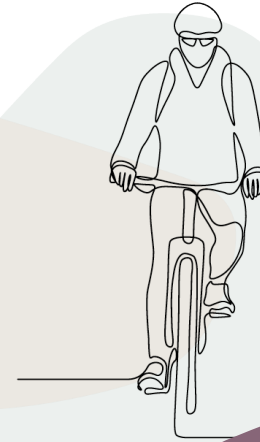
**SNACKS**  
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CHECK HOW YOU FELT AFTER EATING: 😊 😐 😞

SHARE YOUR EATING REGIMEN INFORMATION WITH YOUR HEALTHCARE PROVIDER. Ask for tips and advice to improve your nutrition goals.

## Boost Fitness & Energy With *Exercise*<sup>2</sup>

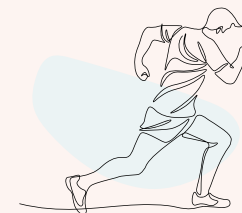
Hypothyroidism can lead to fatigue and weight gain, but finding enjoyable exercises and activities can keep you feeling vibrant and confident. Talk to your healthcare provider or fellow patients with experience to get ideas and create an exercise plan that works for you.



### **FINDING ACTIVITIES THAT YOU ENJOY CAN HELP KEEP YOUR WORKOUTS FUN AND ENGAGING!**

Consider the following exercises and activities:

- Walking, jogging, or hiking
- Biking
- Swimming
- Yoga and stretching
- Aerobics
- Weight training
- Tennis or racquetball
- Dancing



**SHARE YOUR EXERCISE  
AND ACTIVITIES ROUTINE  
INFORMATION WITH YOUR  
HEALTHCARE PROVIDER.**

Ask for tips and advice to improve your health.

# Record Your *Exercise & Activities* Routine



Note what exercises you enjoy and what challenges you and think about how you can find balance between the two. It might also be helpful to find workout partners to help you stay motivated and engaged—as well as boost your spirit!

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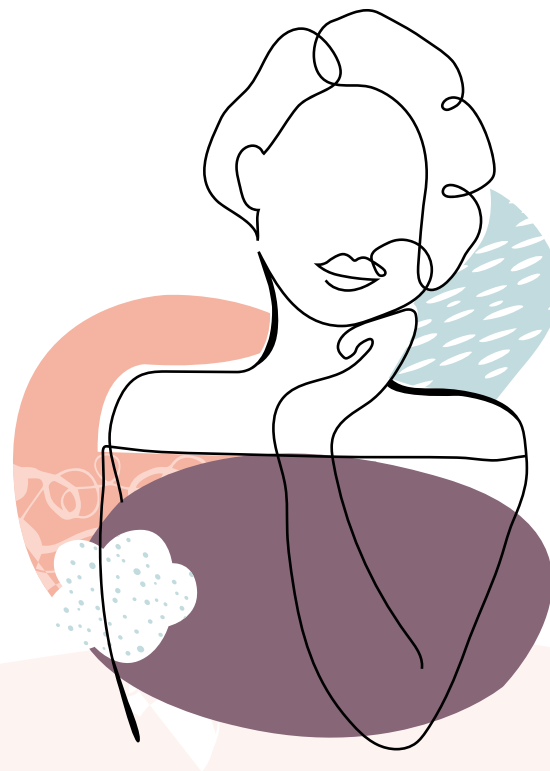
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# Keep a Strong Spirit and Positive Attitude<sup>3</sup>

Finding ways to stay calm and lower stress—as well as develop a positive outlook—can help you cope with hypothyroidism.



## MANAGING STRESS<sup>3</sup>

We all experience stress in our lives—yet how we respond can affect our overall wellness in positive and adverse ways. Consider the following suggestions to deal with stress:

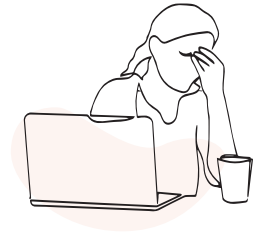
- Meditation and yoga techniques to help cultivate awareness of the breath, body, and mind
- Daily movement
- Massages
- Self-care activities such as time outdoors, getting creative, listening to music, or an Epsom salt bath
- Herbal teas



SHARE YOUR STRESS-RELATED  
INFORMATION WITH YOUR  
HEALTHCARE PROVIDER.

Ask for tips and advice to deal with stress.

# Record Your *Stress Levels* and Solutions



Keep in mind that hypothyroidism symptoms can include forgetfulness, depression, and other mental health concerns. It is important to note your thoughts and emotions and the impact hypothyroidism has on your spirit, attitude, and outlook.

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STRESS LEVEL

STRESS-MANAGEMENT TECHNIQUE

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STRESS LEVEL

STRESS-MANAGEMENT TECHNIQUE

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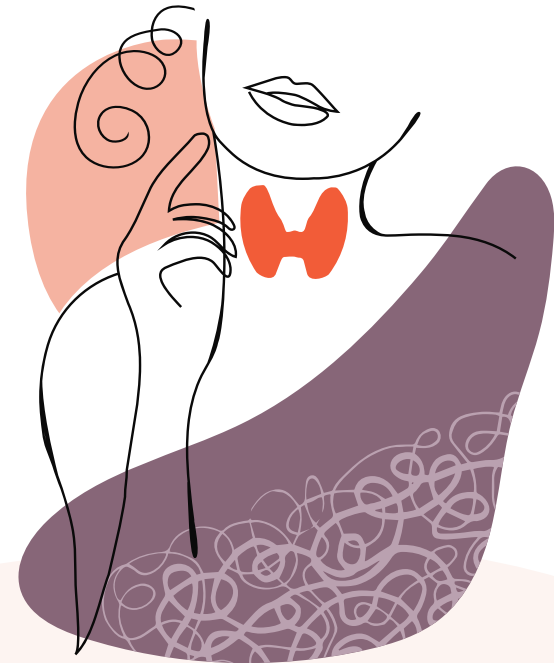
STRESS LEVEL

STRESS-MANAGEMENT TECHNIQUE

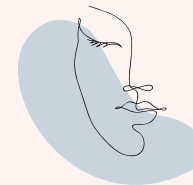
## Developing a Positive Outlook

Activities that cultivate a positive attitude and encourage us to focus on the good can help create peace and contentment.



### CONSIDER THE FOLLOWING ACTIVITIES TO BRING A LITTLE MORE LIGHT INTO YOUR LIFE:

- Read daily affirmations or journal your own
- Practice gratitude
- Consider counseling and therapy. Sometimes we need someone who will listen to us, without judgment, while also providing support<sup>4</sup>



SHARE YOUR EMOTIONS  
AND FEELINGS WITH YOUR  
HEALTHCARE PROVIDER.

Ask for tips and advice for managing difficult emotions—to ultimately partner and create your total treatment plan.



# Record Your *Attitude* and Outlook



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# You Deserve to be Heard!

It may be helpful to **print out a copy of this journal and bring it to appointments** with your healthcare provider to facilitate effective and productive conversations.



EMPOWER YOURSELF AND  
TAKE CONTROL OF YOUR  
WELLNESS JOURNEY.

**References:** **1.** Harvard Health Publishing. Healthy eating for a healthy thyroid. Accessed August 14, 2020. <https://www.health.harvard.edu/staying-healthy/healthy-eating-for-a-healthy-thyroid>  
**2.** Cleveland Clinic. Is your thyroid uncontrolled? What you need to know about exercise and diet risks. October 13, 2013. Accessed August 14, 2020. <https://health.clevelandclinic.org/uncontrolled-thyroid-exercise-diet-risks/> **3.** Boost Thyroid. Understanding your condition and staying healthy. Accessed August 14, 2020. <https://www.boostthyroid.com/newly-diagnosed> **4.** British Thyroid Foundation. Psychological symptoms and thyroid disorders. Revised 2018. Accessed August 14, 2020. <https://www.btf-thyroid.org/psychological-symptoms-and-thyroid-disorders>