

Welcome

Journaling

Resources



My *self-care* journal

for putting my
health first





“*One step at a time,
one day at a time,
one hour at a time*”

UNKNOWN

Bring this journal with you to any appointments or catch-ups so that you can share how you've been feeling with your healthcare and support team.

This self-care journal is intended as a useful tool to keep track of your general health and wellbeing while you are receiving treatment for any type of health condition. If you are feeling unwell or experiencing side effects from any treatments that you are taking, speak with a member of your healthcare team.



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Welcome

In our busy lives, it can be easy to put ourselves last. Taking time to care for both your physical health and emotional wellbeing is vital, especially for people living with a health condition.

This self-care journal has been designed to support your general health and emotional wellbeing. Keeping a weekly record will help you and your support team see how you are feeling – both physically and emotionally – over time.

On the pages of this journal, you will be able to:



Record how you are feeling, including any signs or symptoms that you are experiencing



Track your goals each day



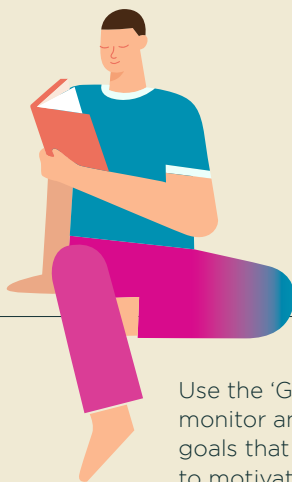
Reflect on the things you have achieved each week



Take time to plan and carry out acts of self-care each week



Using this journal



This is a 12-week self-care journal. Each week has three pages for you to record how you are feeling.

It's a good idea to bring this journal with you to any appointments or catch ups, so that you can share how you've been feeling with your healthcare and support team.

Use the 'Goal tracker' to monitor any specific health goals that you are using to motivate yourself. For example, record how much water you drink, monitor your blood pressure or track your daily movement, mood or sleep.

A

Use the **daily tracker** each day to record how you have been feeling, for example:

- If you experienced any side effects from your treatment/s?
- If you noticed any new signs or symptoms from your health condition?
- If you experienced any pain, and if so, where?

You could also use it to remind yourself of any appointments or notes to ask your doctor.

B

My daily tracker

WEEK 1 COMMENCING:

Record how you are feeling

Goal tracking

MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		

Rate how your signs, symptoms or side effects affected you during the past week

1	2	3	4	5	6	7
No discomfort/mild			Moderate		Severe	



Self-care tip

Make sleep a priority. Be consistent with your bedtime and make sure you're getting enough hours of sleep each night. Avoid blue light from phones and digital devices before bed.



C

Take time each week for **self-care** – both physically and emotionally.

My weekly snapshot

THINGS I FELT THIS WEEK

	None of the time	A little of the time	Some of the time	Most of the time	All of the time
Full of pep/energy					
Nervous, worried, tense or anxious					
Sad or low					
Calm and peaceful					
Happy					
Limited in doing daily activities and hobbies					

Rate your overall wellbeing during the past week

1	2	3	4	5	6	7
Very poor						Excellent

9

D

Use the **weekly snapshot** to record how you felt and what you did each week.

Things I did this week

Circle anything you did this week

Spent time with family Went for a long walk
 Stayed in bed/at home and rested Spent time with friends
 Went for a short walk Spent time doing hobbies
 Other:



Acts of self-care *that I enjoyed* or things that I am *grateful* for this week

01

02

03

Thought starters

e.g. questions or concerns to discuss with your doctor or support team, good things that happened, reminders or creative expression!

.....

10



Recording signs, symptoms or side effects

All medicines can cause side effects. You might experience some or you may have none at all.

Keeping a record of your side effects - as well as any signs or symptoms that may be related to your condition - can help your healthcare team better understand how you're feeling.

Always discuss any new signs, symptoms or side effects with your healthcare team.



Healthy goal tracking



Setting goals is essential for maintaining good health, especially when you're managing a chronic health condition.

By establishing specific, achievable targets — like drinking 2 litres of water each day, or maintaining a healthy weight — you create a roadmap that helps keep your health on track.

These goals serve as daily reminders and motivate positive habits to improve your overall well-being, and enhance your quality of life.

They also allow you and your healthcare team to monitor your health and celebrate your good habits.

Use the 'Goal tracking' column of your daily tracker to monitor a specific health goal or goals. For example, you may like to record your weight each day, measure your blood pressure or track your daily movement, mood or sleep.



My healthcare team

Record the details of your healthcare team below.

Name:

Occupation/Specialty:

Address:

Phone:

Email:

Name:

Occupation/Specialty:

Address:

Phone:

Email:

Name:

Occupation/Specialty:

Address:

Phone:

Email:

My medications

List the names and details of any other medications you are taking.



Making time to look after *yourself*

When you're undergoing treatment for a chronic health condition, life can become a blur of doctor's appointments and medical tests. It can be difficult to find meaningful time for yourself amid this.

Making time to look after yourself through small acts of self-care each week can help you to be more present and aware of how your body and mind are feeling.

Whether it's soaking in a warm bath or taking a walk, self-care can be a helpful way to manage stress and boost your mood and energy levels.

This journal includes some tips about the benefits of eating well, sleep, exercise, and practicing mindfulness. Your self-care activities don't need to be extravagant, but they do need to be fulfilling for you.

What are some things you can do every day to help you feel positive and fulfilled?

Use this self-care journal to help you plan and track these small acts of self-care each week.





Journaling



This is a 12-week self-care journal.
Each week has three pages for you
to record how you are feeling.

Click the button below to jump to your
current week in your journal entries.

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Week 1

COMMENCING:

Week 2

COMMENCING:

Week 3

COMMENCING:

Week 4

COMMENCING:

Week 5

COMMENCING:

Week 6

COMMENCING:

Week 7

COMMENCING:

Week 8

COMMENCING:

Week 9

COMMENCING:

Week 10

COMMENCING:

Week 11

COMMENCING:

Week 12

COMMENCING:

Welcome

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My *daily* tracker

WEEK 1
COMMENCING:

Record how you are feeling

Goal tracking

MON

TUE

WED

THU

FRI

SAT

SUN

Rate how your signs, symptoms or side effects affected you during the past week

1

2

3

4

5

6

7

No discomfort/mild

Moderate

Severe



Self-care tip

Make sleep a priority. Be consistent with your bedtime and make sure you're getting enough hours of sleep each night. Avoid blue light from phones and digital devices before bed.



My weekly snapshot

THINGS I FELT THIS WEEK

None of the time	A little of the time	Some of the time	Most of the time	All of the time
------------------	----------------------	------------------	------------------	-----------------

Full of pep/energy					
--------------------	--	--	--	--	--

Nervous, worried, tense or anxious					
------------------------------------	--	--	--	--	--

Sad or low					
------------	--	--	--	--	--

Calm and peaceful					
-------------------	--	--	--	--	--

Happy					
-------	--	--	--	--	--

Limited in doing daily activities and hobbies					
---	--	--	--	--	--

Rate your overall wellbeing during the past week

1

2

3

4

5

6

7

Very poor

Excellent



Things *I did* this week

Tick anything you did this week

Spent time with family

Went for a long walk

Stayed in bed/at home and rested

Spent time with friends

Went for a short walk

Spent time doing hobbies

Other:



Acts of self-care *that I enjoyed* or
things that I am *grateful* for this week

01

02

03

Thought starters

e.g. questions or concerns to discuss with your doctor or support team,
good things that happened, reminders or creative expression!



My *daily* tracker

WEEK 2
COMMENCING:

	Record how you are feeling	Goal tracking
MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		

Rate how your signs, symptoms or side effects affected you during the past week

1

2

3

4

5

6

7

No discomfort/mild

Moderate

Severe



Did you know?

Exercise can help improve sleep and fatigue, and relieve stress, anxiety and depression.

Even just 30 minutes of walking a day can make a big difference to your overall wellbeing. Talk to your healthcare team to find out if there are any services or programs available through your local hospital, or see an exercise professional (an accredited physiologist or physiotherapist) to find out how much and what type of exercise is best for you.



My weekly snapshot

THINGS I FELT THIS WEEK	None of the time	A little of the time	Some of the time	Most of the time	All of the time
Full of pep/energy					
Nervous, worried, tense or anxious					
Sad or low					
Calm and peaceful					
Happy					
Limited in doing daily activities and hobbies					

Rate your overall wellbeing during the past week						
1	2	3	4	5	6	7
Very poor					Excellent	



Things *I did* this week

Circle anything you did this week

Spent time with family

Went for a long walk

Stayed in bed/at home and rested

Spent time with friends

Went for a short walk

Spent time doing hobbies

Other:



Acts of self-care *that I enjoyed* or things that I am *grateful* for this week

01

02

03

Thought starters

e.g. questions or concerns to discuss with your doctor or support team, good things that happened, reminders or creative expression!



My *daily* tracker

WEEK 3
COMMENCING:

Record how you are feeling

Goal tracking

MON

TUE

WED

THU

FRI

SAT

SUN

Rate how your signs, symptoms or side effects affected you during the past week

1

2

3

4

5

6

7

No discomfort/mild

Moderate

Severe



Did *you* know?

Research has shown that practicing gratitude can boost your resilience to stress and open you up to new opportunities.

Start by thinking about the people and things in your life that you are grateful for. Write them down and revisit this list when you need to lift your spirits.



My *weekly* snapshot

THINGS I FELT THIS WEEK	None of the time	A little of the time	Some of the time	Most of the time	All of the time
Full of pep/energy					
Nervous, worried, tense or anxious					
Sad or low					
Calm and peaceful					
Happy					
Limited in doing daily activities and hobbies					

Rate your overall wellbeing during the past week

1

2

3

4

5

6

7

Very poor

Excellent



Things *I did* this week

Circle anything you did this week

Spent time with family

Went for a long walk

Stayed in bed/at home and rested

Spent time with friends

Went for a short walk

Spent time doing hobbies

Other:



Acts of self-care *that I enjoyed* or things that I am *grateful* for this week

01

02

03

Thought starters

e.g. questions or concerns to discuss with your doctor or support team,
good things that happened, reminders or creative expression!

Welcome

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My *daily* tracker

WEEK 4
COMMENCING:

Record how you are feeling

Goal tracking

MON

TUE

WED

THU

FRI

SAT

SUN

Rate how your signs, symptoms or side effects affected you during the past week

1

2

3

4

5

6

7

No discomfort/mild

Moderate

Severe



Self-care tip

Keeping connected to your family and friends is important when you're dealing with a health condition.

A chat and a laugh with your loved ones can be a great mood booster. They can also be a great source of support as you manage your health.



My *weekly* snapshot

THINGS I FELT THIS WEEK	None of the time	A little of the time	Some of the time	Most of the time	All of the time
Full of pep/energy					
Nervous, worried, tense or anxious					
Sad or low					
Calm and peaceful					
Happy					
Limited in doing daily activities and hobbies					

Rate your overall wellbeing during the past week						
1	2	3	4	5	6	7
Very poor			Excellent			



Things *I did* this week

Circle anything you did this week

Spent time with family

Went for a long walk

Stayed in bed/at home and rested

Spent time with friends

Went for a short walk

Spent time doing hobbies

Other:



Acts of self-care *that I enjoyed* or things that I am *grateful* for this week

01

02

03

Thought starters

e.g. questions or concerns to discuss with your doctor or support team, good things that happened, reminders or creative expression!



My *daily* tracker

WEEK 5
COMMENCING:

Record how you are feeling

Goal tracking

MON

TUE

WED

THU

FRI

SAT

SUN

Rate how your signs, symptoms or side effects affected you during the past week

1

2

3

4

5

6

7

No discomfort/mild

Moderate

Severe



Self-care tip

Living with a health condition can feel overwhelming as you manage doctors appointments and medications. Setting priorities and goals can help you focus on what needs to be done now, and what can wait.

Learning to say 'no' to new tasks is also an empowering way to overcome feelings of overwhelm.

My weekly snapshot

THINGS I FELT THIS WEEK	None of the time	A little of the time	Some of the time	Most of the time	All of the time
Full of pep/energy					
Nervous, worried, tense or anxious					
Sad or low					
Calm and peaceful					
Happy					
Limited in doing daily activities and hobbies					

Rate your overall wellbeing during the past week

1

2

3

4

5

6

7

Very poor

Excellent



Things *I did* this week

Circle anything you did this week

Spent time with family

Went for a long walk

Stayed in bed/at home and rested

Spent time with friends

Went for a short walk

Spent time doing hobbies

Other:



Acts of self-care *that I enjoyed* or things that I am *grateful* for this week

01

02

03

Thought starters

e.g. questions or concerns to discuss with your doctor or support team,
good things that happened, reminders or creative expression!



My *daily* tracker

WEEK 6
COMMENCING:

	Record how you are feeling	Goal tracking
MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		

Rate how your signs, symptoms or side effects affected you during the past week

1

2

3

4

5

6

7

No discomfort/mild

Moderate

Severe



Self-care tip

When we eat well, we feel well. Improving your diet can be as simple as eating more fruits, vegetables and wholegrains, while eating less processed foods and red meat.

Try incorporating more fruit and vegetables into your diet by doubling your serving of vegetables at dinner time, swapping sweet snacks for fruit and having frozen vegetables on hand for convenience.

My *weekly* snapshot

THINGS I FELT THIS WEEK	None of the time	A little of the time	Some of the time	Most of the time	All of the time
Full of pep/energy					
Nervous, worried, tense or anxious					
Sad or low					
Calm and peaceful					
Happy					
Limited in doing daily activities and hobbies					

Rate your overall wellbeing during the past week

1	2	3	4	5	6	7
Very poor			Excellent			



Things *I did* this week

Circle anything you did this week

Spent time with family

Went for a long walk

Stayed in bed/at home and rested

Spent time with friends

Went for a short walk

Spent time doing hobbies

Other:



Acts of self-care *that I enjoyed* or things that I am *grateful* for this week

01

02

03

Thought starters

e.g. questions or concerns to discuss with your doctor or support team,
good things that happened, reminders or creative expression!



My *daily* tracker

WEEK 7
COMMENCING:

Record how you are feeling

Goal tracking

MON

TUE

WED

THU

FRI

SAT

SUN

Rate how your signs, symptoms or side effects affected you during the past week

1

2

3

4

5

6

7

No discomfort/mild

Moderate

Severe



“Taking care of yourself
doesn’t mean ‘*me first*,’
it means ‘*me too*.”

—
L.R. Knost, Author

My *weekly* snapshot

THINGS I FELT THIS WEEK	None of the time	A little of the time	Some of the time	Most of the time	All of the time
Full of pep/energy					
Nervous, worried, tense or anxious					
Sad or low					
Calm and peaceful					
Happy					
Limited in doing daily activities and hobbies					

Rate your overall wellbeing during the past week						
1	2	3	4	5	6	7
Very poor			Excellent			



Things *I did* this week

Circle anything you did this week

Spent time with family

Went for a long walk

Stayed in bed/at home and rested

Spent time with friends

Went for a short walk

Spent time doing hobbies

Other:



Acts of self-care *that I enjoyed* or
things that I am *grateful* for this week

01

02

03

Thought starters

e.g. questions or concerns to discuss with your doctor or support team,
good things that happened, reminders or creative expression!

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My *daily* tracker

WEEK 8
COMMENCING:

Record how you are feeling

Goal tracking

MON

TUE

WED

THU

FRI

SAT

SUN

Rate how your signs, symptoms or side effects affected you during the past week

1

2

3

4

5

6

7

No discomfort/mild

Moderate

Severe



Did you know?

Mindfulness – the practice of being present and engaged in the current moment without distractions – has been shown to improve quality of life.

Mindfulness can strengthen your mental wellbeing by increasing your attention and awareness. It could be taking in your surroundings as you go for a walk, silencing your phone while enjoying a coffee, or focusing on your breathing.

There are online programs and smartphone apps to help people practice mindfulness strategies, such as Headspace, Calm and Smiling Mind.

My weekly snapshot

THINGS I FELT THIS WEEK	None of the time	A little of the time	Some of the time	Most of the time	All of the time
Full of pep/energy					
Nervous, worried, tense or anxious					
Sad or low					
Calm and peaceful					
Happy					
Limited in doing daily activities and hobbies					

Rate your overall wellbeing during the past week

1

2

3

4

5

6

7

Very poor

Excellent



Things *I did* this week

Circle anything you did this week

Spent time with family

Went for a long walk

Stayed in bed/at home and rested

Spent time with friends

Went for a short walk

Spent time doing hobbies

Other:



Acts of self-care *that I enjoyed* or
things that I am *grateful* for this week

01

02

03

Thought starters

e.g. questions or concerns to discuss with your doctor or support team,
good things that happened, reminders or creative expression!



My *daily* tracker

WEEK 9
COMMENCING:

Record how you are feeling

Goal tracking

MON

TUE

WED

THU

FRI

SAT

SUN

Rate how your signs, symptoms or side effects affected you during the past week

1

2

3

4

5

6

7

No discomfort/mild

Moderate

Severe



Self-care tip

Everyone experiences stress differently. You might feel it physically as a headache or a stomach ache. Or you might notice that you withdraw from friends and social situations.

Whatever stress looks like for you, getting to know your signs of stress can help you to prevent burnout. Take these signs as a cue to check in and ask yourself what you need.

My weekly snapshot

THINGS I FELT THIS WEEK

None of the time	A little of the time	Some of the time	Most of the time	All of the time
------------------	----------------------	------------------	------------------	-----------------

Full of pep/energy				
--------------------	--	--	--	--

Nervous, worried, tense or anxious				
------------------------------------	--	--	--	--

Sad or low				
------------	--	--	--	--

Calm and peaceful				
-------------------	--	--	--	--

Happy				
-------	--	--	--	--

Limited in doing daily activities and hobbies				
---	--	--	--	--

Rate your overall wellbeing during the past week

1

2

3

4

5

6

7

Very poor

Excellent



Things *I did* this week

Circle anything you did this week

Spent time with family

Went for a long walk

Stayed in bed/at home and rested

Spent time with friends

Went for a short walk

Spent time doing hobbies

Other:



Acts of self-care *that I enjoyed* or things that I am *grateful* for this week

01

02

03

Thought starters

e.g. questions or concerns to discuss with your doctor or support team,
good things that happened, reminders or creative expression!



My *daily* tracker

WEEK 10
COMMENCING:

Record how you are feeling

Goal tracking

MON

TUE

WED

THU

FRI

SAT

SUN

Rate how your signs, symptoms or side effects affected you during the past week

1

2

3

4

5

6

7

No discomfort/mild

Moderate

Severe



Did *you* know?

Taking deep breaths in and out during stressful times can have hidden health benefits.

When we're stressed, we can tend to take short, shallow breaths into the upper part of the chest. Taking long and slow breaths into the abdomen can help to regulate your nervous system's response to stress and balance out oxygen levels in the body.



My *weekly* snapshot

THINGS I FELT THIS WEEK

None of the time

A little of the time

Some of the time

Most of the time

All of the time

Full of pep/energy

Nervous, worried, tense or anxious

Sad or low

Calm and peaceful

Happy

Limited in doing daily activities and hobbies

Rate your overall wellbeing during the past week

1

2

3

4

5

6

7

Very poor

Excellent



Things *I did* this week

Circle anything you did this week

Spent time with family

Went for a long walk

Stayed in bed/at home and rested

Spent time with friends

Went for a short walk

Spent time doing hobbies

Other:



Acts of self-care *that I enjoyed* or things that I am *grateful* for this week

01

02

03

Thought starters

e.g. questions or concerns to discuss with your doctor or support team,
good things that happened, reminders or creative expression!



My *daily* tracker

WEEK 11
COMMENCING:

Record how you are feeling

Goal tracking

MON

TUE

WED

THU

FRI

SAT

SUN

Rate how your signs, symptoms or side effects affected you during the past week

1

2

3

4

5

6

7

No discomfort/mild

Moderate

Severe



Did *you* know?

Fatigue is a common and debilitating symptom that many people with a chronic disease will experience.

You can help combat your fatigue by taking regular breaks from your daily activities, exercising regularly, eating a well-balanced diet and staying well-hydrated.



My *weekly* snapshot

THINGS I FELT THIS WEEK

None of the time	A little of the time	Some of the time	Most of the time	All of the time
------------------	----------------------	------------------	------------------	-----------------

Full of pep/energy					
--------------------	--	--	--	--	--

Nervous, worried, tense or anxious					
------------------------------------	--	--	--	--	--

Sad or low					
------------	--	--	--	--	--

Calm and peaceful					
-------------------	--	--	--	--	--

Happy					
-------	--	--	--	--	--

Limited in doing daily activities and hobbies					
---	--	--	--	--	--

Rate your overall wellbeing during the past week

1

2

3

4

5

6

7

Very poor

Excellent



Things *I did* this week

Circle anything you did this week

Spent time with family

Went for a long walk

Stayed in bed/at home and rested

Spent time with friends

Went for a short walk

Spent time doing hobbies

Other:



Acts of self-care *that I enjoyed* or things that I am *grateful* for this week

01

02

03

Thought starters

e.g. questions or concerns to discuss with your doctor or support team,
good things that happened, reminders or creative expression!



My *daily* tracker

WEEK 12
COMMENCING:

Record how you are feeling

Goal tracking

MON

TUE

WED

THU

FRI

SAT

SUN

Rate how your signs, symptoms or side effects affected you during the past week

1

2

3

4

5

6

7

No discomfort/mild

Moderate

Severe



Self-care tip



Over half of the human body is made up of water. So it makes sense that drinking water is an essential part of a healthy diet.

As a general rule, aim for a little more than 2 litres each day.

Limit caffeine and alcohol to stay hydrated and focussed.

Alcohol and caffeine consumption can also affect your mood and general wellbeing.

My *weekly* snapshot

THINGS I FELT THIS WEEK

None of the time	A little of the time	Some of the time	Most of the time	All of the time
------------------	----------------------	------------------	------------------	-----------------

Full of pep/energy					
--------------------	--	--	--	--	--

Nervous, worried, tense or anxious					
------------------------------------	--	--	--	--	--

Sad or low					
------------	--	--	--	--	--

Calm and peaceful					
-------------------	--	--	--	--	--

Happy					
-------	--	--	--	--	--

Limited in doing daily activities and hobbies					
---	--	--	--	--	--

Rate your overall wellbeing during the past week

1

2

3

4

5

6

7

Very poor

Excellent



Things *I did* this week

Circle anything you did this week

Spent time with family

Went for a long walk

Stayed in bed/at home and rested

Spent time with friends

Went for a short walk

Spent time doing hobbies

Other:



Acts of self-care *that I enjoyed* or things that I am *grateful* for this week

01

02

03

Thought starters

e.g. questions or concerns to discuss with your doctor or support team, good things that happened, reminders or creative expression!



Resources

There are many websites and resources that provide valuable information about specific health conditions.

For example, if you are living with a heart condition, you can visit The National Heart Foundation, and if you are living with Cancer, you can look to the Cancer Council for reliable information.

Here are a few other places for further general information, help and support on living well with a chronic health condition.

healthdirect

Medical advice and information online or over the phone

www.healthdirect.gov.au | 1800 022 222

Beyond Blue

Online support and resources for people living with a mental health concern.

www.beyondblue.org.au

Nutrition Australia

Fact sheets and recipes to support a healthy diet.

www.nutritionaustralia.org

For your convenience, we provide links to external websites for your reference. The list is not exhaustive and Eisai is not responsible for their contents.

These resources are provided with the intent to inform and may not comply with the Australian regulatory environment. The information provided does not replace the advice of your healthcare professional.





Notes



Eisai Australia Pty Ltd, Level 6, 60 City Road, Southbank VIC 3006.
ABN 73 117 970 993 Contact Eisai Australia Medical Information on 03 9832 9100.
Adverse events can also be reported to safety_australia@eisai.net
AU-NON-24-00055. Date of preparation: September 2025. HC1033