Symptom Management Mental Health Worksheet

Client Name:	Spencer Hotchner
Age: 24	**Gender:** Male
Period of Observation:	April 15-19, 2024

Symptoms Observed	Severity (Rate from 1-10)	Coping Strategies Used	Effectiveness (Rate from 1-10)
Depressed mood	8	Physical exercise	6
Insomnia	7	Meditation, winding down routine	7
Lack of concentration	5	Breaking down task into smaller parts, used a Pomodoro timer	8
Chronic fatigue	6	Adequate sleep, balanced diet, light exercise	7