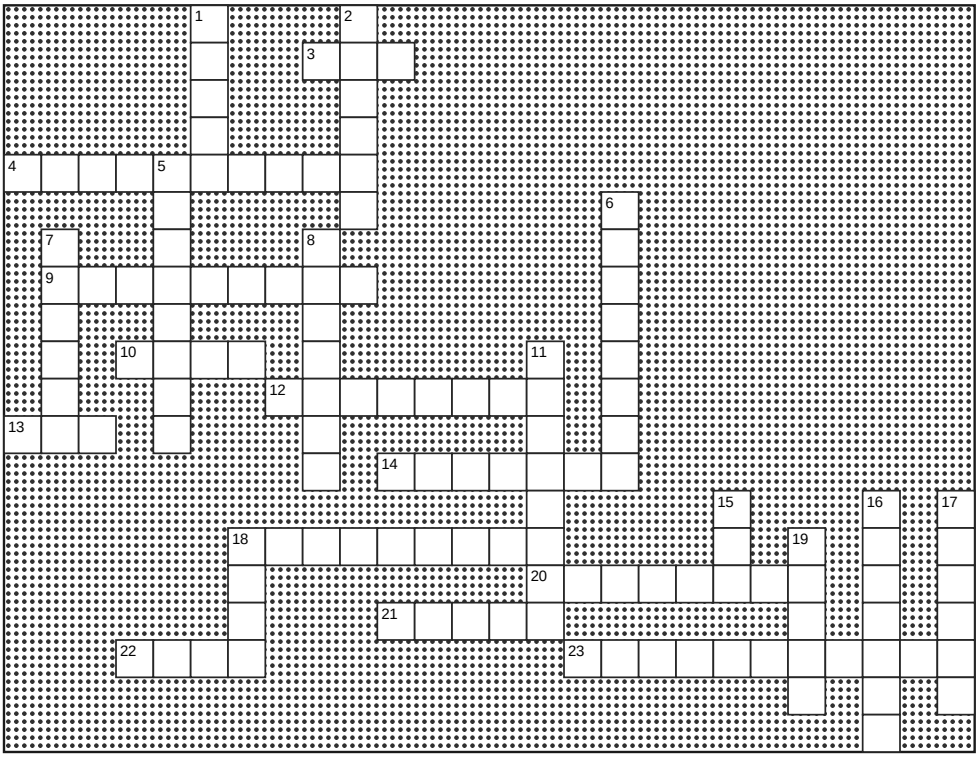
Building and Using Your Symptom Map



Across

3. A
24-hour slice of life.

4. A
helpful change to a setting or routine.

9. An
empty-battery kind of feeling.

10. A chance
to recharge between demanding activities.

12. Able to
happen or be done, perhaps with an adjustment.

13. Belonging
to you, rather than borrowed.

14. Practical
assistance that makes life more manageable.

18. Relating
to thinking, memory and attention.

20. A
helpful nudge for a forgetful moment.

21. A dated
record of daily experiences.

22. One ____
may hold an entire health summary.

23. Facts
and details that help explain a situation.

Down

1. Peaceful.

2. The aim
of planning for risks and getting help.

5. A
practical approach to making something easier.

6. Changes
in this may be part of someone's FND.

7. Look
over information again to see what matters.

8. Relating
to touch, sound, sight or other senses.

11. The
process of regaining strength after a demanding event.

15. A
helpful tool that makes an activity easier.

16. Something
you can do, even when it comes and goes.

17. Perhaps
made easier by an aid.

18. A hint
worth exploring, rather than proof.

19. A
planned pause

Word bank

ABILITY | ADJUSTMENT | AID | BREAK | CLUE | COGNITIVE | DAY | DIARY | EXHAUSTED | INFORMATION | MOVEMENT | OUTING | OWN | PAGE | POSSIBLE | QUIET | RECOVERY | REMINDER | REST | REVIEW | SAFETY | SENSORY | STRATEGY | SUPPORT