



# HOW TO SELF-MANAGE

You have a symptom that would benefit from self-management.



## **Step 1: Select a self-management strategy you would like to do or try**

- From the booklet: My Guide to Cancer Symptoms
- From the website: [www.cancersymptoms.mayoclinic.org](http://www.cancersymptoms.mayoclinic.org)
- From other patients: Cancer: Managing Symptoms on [www.connect.mayoclinic.org](http://www.connect.mayoclinic.org)

## **Step 2: Make an action plan to try the strategy**

- Specify when, how much, and/or how often you will do it
- Make sure your confidence is at least 7-10
- Share your plan with a friend or family member that can hold you accountable

## **Step 3: Assess whether the strategy is helping**

- By discussing with your friend or family member
- By tracking your activities in your Cancer Symptom and Function Log
- By reviewing your symptom scores in your patient portal (Medical Record—Vitals)

