

Design Your Emotional Rescue Plan

Use the worksheet below to record the Emotional Rescue Plan tailored to your unique situation. Each step corresponds to a chapter in the book. And each chapter will tell you precisely what to fill in on your worksheet. You will learn the exact hormones, nutritional supplements, foods, and lifestyle changes you need to break out of your discomfort and launch into an emotionally stable, satisfying, and healthy life.



Your Emotional Rescue Plan Worksheet

Name: _____

Date: _____

Work through each step by reading the chapter in the book that corresponds to it. As you read, you will be able to identify with other women's stories and their symptoms. Take the action recommended for your profile and record it here. Remember, you only need to finish Steps One through Four to benefit from the program.

Step One: Identify Your Hormonal Phase

Read pages: 67–99

Are you: Normal PMS Perimenopause Menopause Hysterectomy

My Hormonal Phase is: _____

Treatment:

Bioidentical hormones (if any) recommended based on my phase:

1. _____
2. _____
3. _____

What to ask my doctor:

1. Request the prescription bioidentical hormones I need: _____

Step Three: Food and Supplements to the Rescue

Read pages: 113–135

Mia's Basic Supplement Program

Everyone, regardless of their hormonal phase or emotional type, should take the following supplements. All other recommendations are intended as additional support to this basic program.

Nutritional Supplement	Dosage
Multivitamin	For recommended content see Step Three: Food and Supplements to the Rescue

The following recommendations are the daily total amounts including what you might get in your multivitamin.

Vitamin B ₁₂	1000–2000 mcg
Folic Acid	800 mcg
Vitamin B ₆	50–100 mg
EPA Omega-3	600 mg
DHA Omega-3	400 mg
Calcium	500–800 mg
Magnesium Chelate	400–600 mg
Vitamin D ₃	2000–3000 IU
Probiotics See Step Three: Food and Supplements to the Rescue for specific recommendations	10–20 billion organisms

Foods to Enjoy (see pages 128–132): _____

Foods to Avoid (see pages 132–135): _____

Step Four: Stress-buster and Life-improvement Techniques

Read pages: 137–155

Make a list of your top five stressors in your life (read page 138).

My Five Top Stressors:

1. _____
2. _____
3. _____
4. _____
5. _____

Change the Way Your Body Responds to Stress

Choose one or two of the following healing modalities and schedule an appointment with an appropriate health care practitioner (read pages 139–142).

- Biofeedback
- Neurolinguistic Programming (NLP)
- Acupuncture
- Hypnosis

Practice the following antidotes to stress. Some of the remedies you can incorporate into your daily life, others you might want to do on a weekly schedule. Circle a few remedies that you are willing to try.

- Take time to breathe
- Love yourself and others
- Hug a lot
- Stroke a pet
- Laugh
- Pray
- Get counseling
- Listen to a meditation CD
- Take a yoga class
- Try art or music therapy
- Join a community (church, spiritual organizations, parent groups, support groups)
- Lower the bar; stop being a perfectionist
- Sleep more
- Take naps
- Walk in nature
- Cultivate new friends and nurture old ones
- Take some time for yourself today, even one minute
- Do less
- Get a massage
- Take a bath

What are your three wishes for contentment? (Read page 151).

1. _____
2. _____
3. _____

Create your own “honey-do” list (read pages 152–153).

- _____
- _____
- _____

***** Optional Steps Five and Six *****

Steps Five and Six require you to take some diagnostic tests to determine your need for adrenal or thyroid support.

Step Five: Adrenal Health

- Read pages: 159–181.
- Send away for a simple lab kit and determine if you need adrenal support.
- Order you own saliva test to do at home or ask your doctor to order it. (Read pages 177–178 for testing information.)

My Adrenal Test Results:

Cortisol: _____ (high or low)

DHEA-S: _____ (high or low)

Nutritional Supplements for Adrenal Support

Make sure you follow the recommendations based on your test results (pages 179–181).

Type of Supplement	Dose	When

Step Six: Thyroid Support

Read pages: 183–196.

Ask your doctor for a thyroid blood test panel. Guidelines and reference values for test results found on pages 192.

My thyroid test results:

TSH: Normal/high/low (circle what applies)

Free T4: Normal/high/low (circle what applies)

Free T3: Normal/high/low (circle what applies)

Reverse T3: Normal/high/low (circle what applies)

Thyroid Peroxidase Antibodies (TPO): Normal/high (circle what applies)

Anti-thyroid Antibodies: Normal/high (circle what applies)

- Fill in the following chart if your doctor gives you a prescription for thyroid hormone replacement.

Thyroid Hormone Replacement Prescribed by My Doctor

Type of Thyroid Hormone Replacement	Dose	When

Foods to avoid that could block thyroid function (read page 193):

- _____
- _____
- _____

Foods to incorporate in my diet that might support thyroid function (read page 193):

- _____
- _____
- _____

Good job! You now have completed your Emotional Rescue Plan. It won't take long to feel back in balance again.

Notes: _____
