



# PEMSA

Date:

PEMSA instructions: Each morning rate how you feel in the areas of Physical health which would be monitoring pain; Emotion where we are looking for any changes caused by relationship issues; Mental tracks clarity; Spiritual looks within for connectedness; and of course, Anxiety which is the reason that we are here. Using 5 as a baseline of your 'normal' do a quick scan each morning to get a read of what you are taking into the world and a quick scan at the end of the day to see what may have changed. To measure, starting with 5, increase the numbers if symptoms or pain have increased or decrease if symptoms or pain diminished during the course of the day. Use the notes section to record events that could account for the change.

	AM	PM
Physical		
Emotional		
Mental		
Spiritual		
Anxiety		

Notes: