

Self assessment

You may repeat this every 3 months, subject to the length of your membership

If you have a Prescription Membership, we would like you to engage with how changing the way you bake, eat and share your bread makes you feel. Only you know how you feel, and we all lose track of this over time.

So how do you know if this approach to baking and eating actually makes a difference? We ask you to fill in this Self assessment form to keep track of both your physical health and the way you feel.

If you have self-prescribed your membership, before you begin your programme we ask that you have a health check. You can do this easily at a pharmacy, or directly with your surgery. Tempting as it might be to get going without doing this, you won't truly appreciate the difference your engagement in this has changed you. It is also useful information for you to take back to your doctor.

Your physical health (start)

Start date

My blood pressures is

My weight is

My blood sugar is



PLEASE SELECT 3 SYMPTOMS, ONE FROM EACH LIST

Although you may have more than one symptom in a section we would like you to just choose one as your defined symptom

MENTAL HEALTH

Please circle **one** option, once selected this needs to remain the same throughout the 12 weeks

Feeling sad or down
Confused thinking or reduced ability to concentrate
Excessive fears or worries
Feelings of guilt
Extreme mood changes of highs and lows
Feeling withdrawn from friends and activities
Tiredness, low energy
Problems sleeping
Detachment from reality
Inability to cope with daily problems or stress
Trouble understanding and relating to situations and to people
Problems with alcohol or drug use
Anger, hostility
Suicidal thinking*

PHYSICAL HEALTH

Please circle **one** option, once selected this needs to remain the same throughout the 12 weeks

Back pain
Headaches
Unexplained aches and pains

DIGESTIVE SYMPTOM

Please circle **one** option, once selected this needs to remain the same throughout the 12 weeks

I have no digestive issues
Mostly diarrhea and abdominal discomfort (IBS-D)
Mostly constipation and abdominal discomfort (IBS-C)
Alternating loose stools and constipation with abdominal discomfort (IBS-mixed)
Undefined subtype IBS (IBS-U)
— symptoms can vary

Symptoms tracker overleaf →

Mood score and self-reported symptoms tracker

This score enables you to track your mood over 12 weeks. We ask that you set a routine alarm on your phone and fill it in each week at the same time.

SCORING 0: feeling amazing with no symptoms - 10: feeling at your lowest

	Mood score Please score how you feel in yourself	Mental health symptom	Physical health symptom	Digestive symptom	Notes Please note anything you feel might have impacted the score this week
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					
Week 9					
Week 10					
Week 11					
Week 12					
End Date					

I agree that if I am scoring 9 or 10 on any symptom, I will speak to my healthcare provider urgently

I agree to return this form filled in the my healthcare provider



Your physical health (end)

Please fill in the details below at the end of the 12 weeks and return this form to your healthcare provider

End date

My blood pressures is

My weight is

My blood sugar is

Your notes

How you have you enjoyed the membership?

What have been the most positive things that you have learned?

Although we have asked you to select just 3 symptoms has anything else improved or anything else got worse?

THE
SOURDOUGH
SCHOOL

* If you have suicidal thoughts

Some illnesses may get worse over time and cause serious problems. If you are scoring 9 or 10 on any symptom or mental health issue, especially suicidal thinking or drug taking then you need to contact someone urgently. Suicidal thoughts and behaviour are common with some mental illnesses. If you recognise that you are having these thoughts or think that you may hurt yourself or attempt suicide, you need to get help right away. It is really important to me that you do this, not least because you have joined a community and we know that you have had a hard time, and that it might take time to feel better. Trust me, I know that suicidal thoughts come in waves. To me it felt like I was drowning in a

darkness that no one else could understand or reach me, and although you won't necessarily feel like asking for help, you do need to get help straight away:

- ▶ Call 999 or your local emergency number immediately
- ▶ Call the Samaritans or call them on 116 123
- ▶ Reach out to a close friend or loved one
- ▶ Call your mental health specialist
- ▶ Call a suicide hotline number.
- ▶ Seek help from your primary care provider
- ▶ Contact a minister, spiritual leader or someone else in your faith community

So please get help. It isn't easy, but suicidal thinking doesn't get better on its own.

