

Deep Belly Breathing Exercise

- While taking a big breath in, round your belly as big as you can.
- Hold the breath while counting to 5.
- Slowly release breath while counting to 5 again.
- Repeat 5 times.
- If needed, continue repeating the breathing exercise until there is a reduction in symptoms.

Calming Current

DR. APPOINTMENT

POSSIBLE TALKING POINTS

Use this infosheet to determine possible concerns and share with your family doctor/general practitioner.

STI/STD SCREEN

Strongly recommended regardless of partner's acting out history. Better to be on the safe side because some STI's are not symptomatic.

SLEEP DISTURBANCES

Sleep disturbances are common after discovery. This can interfere with healing and compound symptoms. There are natural sleep remedies, but during this time it may be easier to use a prescribed sleep aid.

ANXIETY & DEPRESSION

Please discuss unmanageable emotions with physician. Medication may be a helpful, temporary, tool used to get you through this crisis period. Why white-knuckle it if you don't have to?