

Big Feelings

- ◆ Although we are discussing side effects vs. symptoms, sometimes we experience big feelings.
- ◆ People who receive mental health services learn to look at lots of emotions (or as we say in recovery big feelings) as signs of illness or symptoms.
- ◆ Sometimes life creates big feelings in us and they are not symptoms, but they are normal human reactions to life events.

Have you ever felt really happy and worried that you were experiencing signs of illness? _____

Have you ever experienced a loss or felt deeply sad and worried that you were becoming depressed? _____

Do you think that people who do not carry a psychiatric label ever hear things that others do not hear? _____

Medication Side Effect Tool—Possible Side Effects



The following is a list of some possible side effects you may experience. It is important to talk with your doctor if you experience side effects. Many side effects go away with time. All medications (even Tylenol) have side effects. The goal is to manage the ones that you are able to manage and if some are intolerable, you must meet with your provider. Together you can come up with a plan to help you manage side-effects, find another medication that may provide similar benefits without the particular side-effects you find intolerable, or adjust your dosage so that the side-effects are not so bothersome.

- ☐ Constipation: _____

- ☐ Urinary Retention: _____

- ☐ Sleepiness all the time: _____

- ☐ Dry mouth: _____

- ☐ Dizziness: _____

- ☐ Lightheadedness: _____

- ☐ Muscle cramping or tightness: _____

- ☐ Excessive blinking: _____

- ☐ Need to push my tongue out of my mouth: _____

Medication Side Effect Tool—Possible Side Effects

- ☐ My hands shake: _____

- ☐ Feeling weak or unsteady: _____

- ☐ Nausea: _____

- ☐ Headaches: _____

- ☐ Need to move all the time: _____

- ☐ Craving sweets and carbohydrates: _____

- ☐ Diarrhea: _____

- ☐ Stomach cramping: _____

- ☐ Sexual dysfunction: _____

- ☐ Lack of appetite: _____

- ☐ Loss of sense of smell: _____

- ☐ Drooling: _____

- ☐ Difficulty controlling movements: _____

- ☐ Frequent bladder infections: _____
