



Your Family Health Team...

A community of health professionals including physicians, nurse practitioners, social workers, nurse educators, a dietitian and pharmacist providing comprehensive, holistic care using an interdisciplinary approach.

Our services include primary care, chronic disease management, mental health services, disease prevention and health promotion.

Our patients are key members of the North Simcoe Family Health Team.

Healthy Living Starts Here.

Healthy Living Starts Here.



My Self Care Action Plan

Self Care Action Plan

My goal for feeling better is:

My plan:

Step 1: _____

Step 2: _____

Step 3: _____

Healthy Living Starts Here.

Contact Us...

North Simcoe

Family Health Team

P.O. Box 790, Suite 100
240 Penetanguishene Road
Midland, ON L4R 4P4
Tel: 705.526.7804
Fax: 705.526.1205



Productivity...can come from work, caring for your home & family and volunteerism...

It evolves around that part of life that gives a sense of accomplishment. Depression can take away your energy to be productive and active. You may need to set small goals to get tasks done. It is easy to be overwhelmed. Doing the basic daily tasks can feel exhausting. Start with the tasks that you have enjoyed .



One thing I can do to feel productive in the next week is:



Healthy lifestylechoices will help you feel better...

Eat well, increase your physical activity, get enough sleep, practice relaxing. The basics of good health are hard to do when you have little energy. Slowly increasing your activity level through activities you enjoy can help other areas of physical wellbeing including rest.

Every day during the next week I will be active by _____ for _____ minutes.

One improvement I will make to my diet is: _____

I will drink ____ glasses of water each day.

One improvement I will make to my sleep



Healthy Living Starts Here.



Spend time doing things that feed your emotional wellbeing. Think about the things that you feel strongly or "passionately"

about. What gives your life meaning? Find quiet time for self- reflection and restoring your sense of hopefulness for the future. Nature walks, meditation, music, inspirational reading, or time with a valued friend can be healing.

During the next week, I will spend at least _____minutes each day restoring my emotional wellbeing by:

Recreation/Hobbies....make time for pleasurable events...

Even though you may not feel as motivated, or get the same amount of pleasure as you used to, commit to scheduling some fun activities every day. Do a hobby, listen to music, go out with friends or attend a sporting event you enjoy.

Activities I enjoy include:

