

Table 9.5 Examples of Top Ten Patient Education Handouts

Problem / Concern Targeted	Handout Title
1. Anxiety	<i>Calming the Mind and Body</i>
2. Anxiety	<i>Waving “Hello” to Worry</i>
3. Couples and conflict	<i>Loving your Partner</i>
4. Depression	<i>Training Your Brain for Positive Feelings</i>
5. Depression	<i>Organizing for Experience of Pleasure and Mastery</i>
6. Lifestyle Behaviors	<i>What’s Your Style?</i>
7. Parenting	<i>Parenting with Love</i>
8. Loss	<i>Loss and Re-defining Self</i>
9. Sleep	<i>Restful Sleep</i>
10. Stress	<i>A New Perspective on Stress</i>