

my
knowHAE
diary





how to get the most from your diary

Although HAE should not be your main thought every day, there are some events and information that are useful to track both for yourself and your healthcare team. Making time for yourself to complete a diary could help you in many areas of your life. Whether it's remembering birthdays, planning your social schedule or tracking your health, being prepared can give you freedom to focus on the things that matter.

You can download this diary and print it to give yourself some dedicated time to complete away from the many screens we have in our day. Or, you can read through the information and use your own diary or phone to track your HAE experiences.

See below sections of your diary you may find useful for organising these areas of your life.

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my year in review

You may find it useful to track on this calendar key events including HAE triggers, attacks and healthcare appointments. By seeing these factors across a few months or a year it can be useful for you and your healthcare team to review together and assess for any positive or negative patterns that may be forming.

JANUARY

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL

1	2	3	4	5	6	7
8	9	10	11	12	13	14
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FEBRUARY

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MAY

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MARCH

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22	23	24	25	26	27	28
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JUNE

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15	16	17	18	19	20	21
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29	30					



JULY

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

OCTOBER

1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

AUGUST

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29	30	31				

NOVEMBER

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

SEPTEMBER

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22	23	24	25	26	27	28
29	30					

DECEMBER

1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

tracking and reducing stressful events

When thinking about stressful events, it can be helpful to understand what the event was, how it made you feel and what you did to solve it.

The potential solutions could be things that have worked in the past, or new ideas that you want to try. You could also think about including those who are in your support network who can help, such as family and friends.

Use the table on the next page to track these stressful events to help you reduce stress in the future, there are a few examples shown of both negative and positive stress. To learn more about the difference between negative and positive stress and tips to manage these feelings, visit the 'dealing with stress and anxiety' module on the knowHAE website.

Be sure to acknowledge the progress you have made, in both identifying what causes you stress and how you found solutions to help. You can share these achievements with your doctor, and they may even have other useful suggestions to continue your positive progress.

Stressful event and cause	How did I feel?	Solution I used or will use
<p>An upcoming work presentation</p>	<p>Nervous and anxious</p>	<p>I sent a message to a colleague, and they offered to help me prepare for the meeting</p>
<p>Planning my friend's 30th birthday party</p> 	<p>Excited and overjoyed for my friend but also want it to be perfect for them and there is a lot for me to do</p>	<p>I will spend an evening planning out everything I need to do ahead of time and I will also ask another friend to help with a few of the tasks such as buying the cake</p>



monthly diary

To get the best use from this diary you may want to use it both for the purpose of your HAE information but also everyday planning such as reminders for tasks, birthdays, holidays and anniversaries.

By planning and tracking HAE information, such as the following, you could give yourself and your healthcare team a better idea of how your HAE impacts you:

- The day and time an attack occurs
 - What treatment you received and where from
 - When you may need to pick up any prescriptions
 - How many days you needed to recover and any activities it prevented you from doing
-

Whilst these are very practical areas, there are also some positive and emotional factors which could be useful to track using the notes and lower sections of each page:

- What you have been able to achieve outside of the times you have had attacks
- Your mood for each month and why
- A positive highlight from each month to see what makes you happy – it may be helpful and enjoyable to reflect on these every few months and keep planning in those activities!

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			
			
			
			
			
			

How did you feel this month? _____

  

FRIDAY	SATURDAY	SUNDAY	NOTES
┌ └	┌ └	┌ └	



Highlight of the month: _____

FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			
			
			
			
			
			

How did you feel this month? _____



FRIDAY	SATURDAY	SUNDAY	NOTES
┌ └	┌ └	┌ └	



Highlight of the month: _____

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			
			
			
			
			
			

How did you feel this month? _____



FRIDAY	SATURDAY	SUNDAY	NOTES
┌ └	┌ └	┌ └	



Highlight of the month: _____

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			
			
			
			
			
			

How did you feel this month? _____



FRIDAY	SATURDAY	SUNDAY	NOTES
┌ └	┌ └	┌ └	



Highlight of the month: _____

MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			
			
			
			
			
			

How did you feel this month? _____



FRIDAY	SATURDAY	SUNDAY	NOTES
┌ └	┌ └	┌ └	



Highlight of the month: _____

JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			
			
			
			
			
			

How did you feel this month? _____

  

FRIDAY	SATURDAY	SUNDAY	NOTES
┌ └	┌ └	┌ └	



Highlight of the month: _____

JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			
			
			
			
			
			

How did you feel this month? _____

  

FRIDAY	SATURDAY	SUNDAY	NOTES
┌ └	┌ └	┌ └	



Highlight of the month: _____

AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			
			
			
			
			
			

How did you feel this month? _____



FRIDAY	SATURDAY	SUNDAY	NOTES
┌ └	┌ └	┌ └	



Highlight of the month: _____

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			
			
			
			
			
			

How did you feel this month? _____



FRIDAY	SATURDAY	SUNDAY	NOTES
			
			
			
			
			
			



Highlight of the month: _____

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			
			
			
			
			
			

How did you feel this month? _____



FRIDAY	SATURDAY	SUNDAY	NOTES
			
			
			
			
			
			



Highlight of the month: _____

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			
			
			
			
			
			

How did you feel this month? _____



FRIDAY	SATURDAY	SUNDAY	NOTES
┌ └	┌ └	┌ └	



Highlight of the month: _____

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			
			
			
			
			
			

How did you feel this month? _____



FRIDAY	SATURDAY	SUNDAY	NOTES
┌ └	┌ └	┌ └	



Highlight of the month: _____



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awareness, answers, action