Nationale Vereniging
Sjögrenpatiënten
National Sjögren's patients association

my positive health spider web

Date: _____

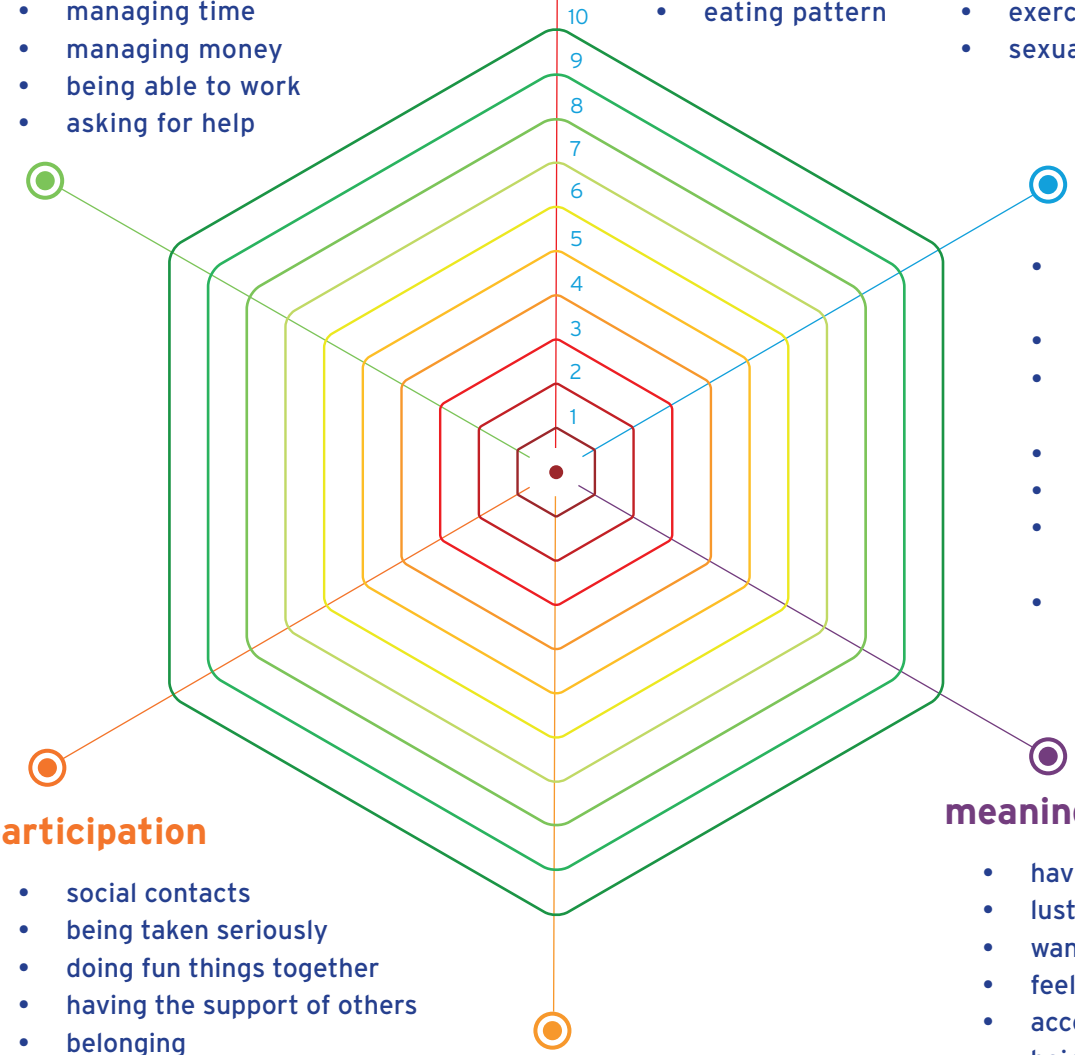
What score do you give yourself for each subject? Put that in the spiderweb.
0 (doing very badly) to 10 (doing very well).

daily functioning

- looking after yourself
- knowing your limitations
- knowledge of health
- managing time
- managing money
- being able to work
- asking for help

body functions

- feeling healthy
- feeling fit
- sleeping pattern
- eating pattern
- having complaints and/or pain
- physical condition
- exercise
- sexuality



mental well-being

- being able to remember things
- being able to focus
- being able to communicate
- being cheerful
- accepting yourself
- being able to handle changes
- having control

participation

- social contacts
- being taken seriously
- doing fun things together
- having the support of others
- belonging
- doing meaningful things

meaningfulness

- having a meaningful life
- lust for life
- wanting to achieve ideals
- feeling confident
- accepting life
- being grateful
- continue learning

quality of life

- enjoyment
- being happy
- feeling good
- feeling well-balanced
- feeling safe
- living conditions
- having enough money

source: Huber M, van den Brekel-Dijkstra K, Jung HP. Positieve Gezondheid in de spreekkamer. Handboek Positieve Gezondheid in de huisartspraktijk: Samenwerken aan betekenisvolle zorg. Houten: Bohn Stafleu van Loghum; 2021. p. 73 - 116. *Huber2021*