Stress & Anxiety Support

Patient: _____ Date: _____

STARTING TREATMENT PLAN

4–8 visits weekly

A preliminary care estimate—not an average time to heal or a guarantee.

WHAT TO EXPECT

Possible goals: greater relaxation, improved sleep and everyday function.

AFTER YOUR TREATMENT

Continue mental health care if applicable; use breathing, sleep routines and movement.

WE WILL TRACK

Perceived stress, sleep and daily function.

AFTER 2–4 TREATMENTS

We will review your response and daily function, then refine your timeline, visit frequency and next steps.

WHEN TO SEEK MEDICAL HELP

Acupuncture is not crisis care; severe distress or thoughts of self-harm require urgent professional support.

YOUR GOALS & FOLLOW-UP

Goal 1: _____

Goal 2: _____

Review at visit: Updated schedule: _____

Acupuncture supports care but does not replace medical diagnosis, essential treatment or emergency care. Results vary.