



Daily *Meniere's* Journal

The spark of **HOPE**
can never be extinguished.

Julieann Wallace



Daily Meniere's Journal
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About Julieann Wallace - Julieann is a best-selling, multi-published author, artist, and teacher, who is inspired by the gift of imagination and the power of words. She writes picture books under her own name, and novels under the name of Amelia Grace, where she donates money from sales to help find a cure for Meniere's disease. Julieann is a self-confessed tea ninja, Cadbury chocoholic, has a passion for music and art, and tries not to scare her cat, Claude Monet, with her terrible cello playing.

In 2018, Julieann released a novel with a main character with Meniere's disease. *The Colour of Broken* has been a global success, hitting #1 on Amazon in its category. She has also written two picture books for children (illustrated by Shez Kennington) who have a parent with Meniere's disease - *Vanilla Swirl* and *Blueberry Swirl*. 100% of profits from these books are donated to Meniere's Research at *Meniere's Research Fund Inc* at *The University of Sydney's Brain and Mind Institute*.



Stay up-to-date with Julieann:

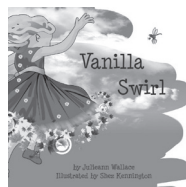
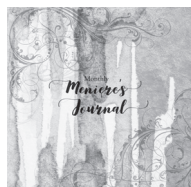
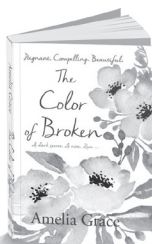
Website: www.julieannwallaceauthor.com

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Follow Julieann's blog, **My Shadow, Meniere's:**

www.myshadowmenieres.wordpress.com

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This Meniere's Journal
unfortunately belongs to

in the *Year*

Meniere's Disease

Prosper Menière (18 June 1799 – 7 February 1862) was a French doctor who first identified a medical condition combining vertigo, hearing loss and tinnitus, which is now known as Menière's disease. It's a disorder of the inner ear.

Very briefly, Meniere's disease causes episodes of:

- vertigo (episodes of feeling like the world is spinning)
- tinnitus - ranging from mild to severe.
- a feeling of fullness or pressure in the ear.
- sudden falls without loss of consciousness (drop attacks) may be experienced by some people, or a sensation of being pushed sharply to the floor from behind.
- low-frequency hearing loss, which usually fluctuates in the beginning stages and becomes more permanent in later stages, so that little or no hearing remains.
- a common and important symptom of MD is hypersensitivity to sounds, also known as hyperacusis.

Attacks may be characterized by periods of remission and exacerbation. After a severe attack, most people find that they are extremely exhausted and must sleep for several hours. People with Meniere's disease may suffer from psychological distress, high anxiety and depression. It is important to note that many people suffering from MD lead productive, near-normal lives, while others face greater challenges in coping.

There is no cure for meniere's disease - yet. But with advances in medicine and research, there is hope for a cure.

Further Information and Support:

- Meniere's Research Fund Inc.
<https://menieresresearchaustralia.org/>
- Meniere's Society - UK
www.menieres.org.uk
- Vestibular Disorders Association - USA
<http://vestibular.org/menieres-disease>

MEDICAL DISCLAIMER:

The information provided is designed to support, not replace, the relationship that exists between a patient and his/her existing health care professionals.

About the *Daily Meniere's Journal*

My shadow, Meniere's, has been with me for 25 years at the time of this journal publication. A very difficult 25 years, where I would be debilitated for hours and hours at a time with the horrendous vertigo. Meniere's an absolute life changer. I developed a chronic fear of vertigo attacks, and PTSD, and so stopped shopping, socialising, driving, and teaching, which broke my heart. Everyday I kept a diary of what I ate or drank, where I had been and what I had done, to see if I could find the trigger for my attacks.

It is my hope that this journal can help you. Each page has a table of *Symptoms*, and of *What Helped Me?*. Add information to *Weather, Food and Other Triggers*. By keeping a track of your daily living with Meniere's, you may find a pattern that will help you with your battle against it. As you are using the journal, highlight symptoms you have on that day, add notes about what you are experiencing, or any new symptoms, plus vertigo length and severity. Please be aware that I have added BPPV* (Benign Paroxysmal Positional Vertigo - a problem with the crystals in the inner ear. Symptoms are brief periods of vertigo, that is, of a spinning sensation upon changes in the position of the head). BPPV is **NOT** a symptom of Meniere's. You can have Meniere's and BPPV at the same time. BPPV has a technique called the *Epley Manoeuvre* that can stop those episodes.

Because this is your journal, add your own stamp and style. Glue in prayers, inspirational verses or images that speak to you in some way. Be creative, be arty. I have added pages of light text at the end of each month, where you can draw or paint artwork over the top, or glue notes you have written, or letters to yourself etc. Being a Secondary Art Teacher, I know the value of art as a tool for healing and restoration when words are simply not enough.

Three Things I am Thankful For Today - When I was struggling in a deep and dark depression with my Meniere's in the early 2000's, I learned the value of finding things I was thankful for. Everyday. Single. Day. No matter how small. This act of focusing is now called 'Mindfulness', and is very powerful. As you travel daily with your Meniere's, remember, **you are a warrior. You've got this!**

It is my forever hope and prayer, that a cure is found.



January 1

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 2

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1. _____

2. _____

3. _____

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 3

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 4

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 5

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 6

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 7

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 8

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1. _____

2. _____

3. _____

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity: _____		

Notes: duration/severity of vertigo, new symptoms, etc

January 9

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 10

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 11

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 12

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 13

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 14

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 15

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 16

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 17

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 18

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 19

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 20

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 21

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 22

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 23

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 24

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 25

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 26

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 27

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 28

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 29

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 30

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

January 31

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

Vertigo. STOP! There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! We will be cured! BREATHE...

Vertigo. STOP! There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! We will be cured! BREATHE...

February 1

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 2

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 3

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 4

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 5

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 6

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 7

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 8

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 9

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 10

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 11

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 12

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 13

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 14

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 15

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 16

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 17

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 18

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 19

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.
2.
3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 20

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 21

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 22

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 23

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 24

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 25

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 26

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 27

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 28

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

February 29

Leap Year!

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

Vertigo. STOP! There will be a cure! Vertigo. STOP! There will be a cure!
Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. us. Meniere's, I hate you! Tinnitus.
MENIERE'S WARRIOR! Hope – MENIERE'S WARRIOR! Hope –
there is always hope! Hearing loss. A there is always hope! Hearing loss. A
cure will be found! Imbalance. Take cure will be found! Imbalance. Take
each day one at a time. BREATHE. each day one at a time. BREATHE.
Create moments. Find things to Create moments. Find things to
be thankful for. Ear pain. You will be thankful for. Ear pain. You will
overcome. Good things are coming. overcome. Good things are coming.
Research. Meniere's, your time is UP! Research. Meniere's, your time is UP!
Vertigo. There will be a cure! Meniere's Vertigo. There will be a cure! Meniere's
disease does not define us. Meniere's, disease does not define us. Meniere's,
I hate you! Tinnitus. I hate you! Tinnitus. MENIERE'S
WARRIOR! Hope – there is always WARRIOR! Hope – there is always
hope! Hearing loss. A cure will be hope! Hearing loss. A cure will be
found! Imbalance. Take each day one at found! Imbalance. Take each day one at
a time. BREATHE. Create moments. a time. BREATHE. Create moments.
Find things to be thankful for. Ear Find things to be thankful for. Ear
pain. You will overcome. Good things pain. You will overcome. Good things
are coming. Research. Meniere's, your are coming. Research. Meniere's, your
time is UP! Vertigo. There will be a time is UP! Vertigo. There will be a
cure! Meniere's disease does not define cure! Meniere's disease does not define
us. Meniere's, I hate you! Tinnitus. us. Meniere's, I hate you! Tinnitus.
MENIERE'S WARRIOR! Hope – MENIERE'S WARRIOR! Hope –
there is always hope! Hearing loss. A there is always hope! Hearing loss. A
cure will be found! Imbalance. Take cure will be found! Imbalance. Take
each day one at a time. BREATHE. each day one at a time. BREATHE.
Create moments. Find things to Create moments. Find things to
be thankful for. Ear pain. You will be thankful for. Ear pain. You will
overcome. Good things are coming. overcome. Good things are coming.
Research. Meniere's, your time is UP! Research. Meniere's, your time is UP!
Vertigo. There will be a cure! Meniere's Vertigo. There will be a cure! Meniere's
disease does not define us. Meniere's, disease does not define us. Meniere's,
I hate you! Tinnitus. I hate you! Tinnitus. MENIERE'S
WARRIOR! Hope, there is always WARRIOR! Hope, there is always
hope! We will be cured! BREATHE... hope! We will be cured! BREATHE...

March 1

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 2

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 3

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 4

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 5

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 6

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 7

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 8

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 9

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 10

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 11

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 12

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 13

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 14

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 15

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 16

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 17

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 18

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 19

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 20

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 21

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 22

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 23

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 24

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 25

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 26

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 27

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 28

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 29

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 30

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

March 31

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

Vertigo. STOP! There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! We will be cured! BREATHE...

Vertigo. STOP! There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! We will be cured! BREATHE...

April 1

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 2

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 3

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 4

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 5

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 6

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 7

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 8

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 9

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 10

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 11

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 12

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 13

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 14

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 15

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 16

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 17

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 18

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 19

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 20

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 21

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 22

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 23

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 24

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 25

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 26

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 27

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 28

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 29

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

April 30

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

Vertigo. STOP! There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! We will be cured! BREATHE...
Vertigo. STOP! There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! We will be cured! BREATHE...

Vertigo. STOP! There will be a cure! Vertigo. STOP! There will be a cure!
Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. us. Meniere's, I hate you! Tinnitus.
MENIERE'S WARRIOR! Hope – MENIERE'S WARRIOR! Hope –
there is always hope! Hearing loss. A there is always hope! Hearing loss. A
cure will be found! Imbalance. Take cure will be found! Imbalance. Take
each day one at a time. BREATHE. each day one at a time. BREATHE.
Create moments. Find things to Create moments. Find things to
be thankful for. Ear pain. You will be thankful for. Ear pain. You will
overcome. Good things are coming. overcome. Good things are coming.
Research. Meniere's, your time is UP! Research. Meniere's, your time is UP!
Vertigo. There will be a cure! Meniere's Vertigo. There will be a cure! Meniere's
disease does not define us. Meniere's, disease does not define us. Meniere's,
I hate you! Tinnitus. I hate you! Tinnitus. MENIERE'S
WARRIOR! Hope – there is always WARRIOR! Hope – there is always
hope! Hearing loss. A cure will be hope! Hearing loss. A cure will be
found! Imbalance. Take each day one at found! Imbalance. Take each day one at
a time. BREATHE. Create moments. a time. BREATHE. Create moments.
Find things to be thankful for. Ear Find things to be thankful for. Ear
pain. You will overcome. Good things pain. You will overcome. Good things
are coming. Research. Meniere's, your are coming. Research. Meniere's, your
time is UP! Vertigo. There will be a time is UP! Vertigo. There will be a
cure! Meniere's disease does not define cure! Meniere's disease does not define
us. Meniere's, I hate you! Tinnitus. us. Meniere's, I hate you! Tinnitus.
MENIERE'S WARRIOR! Hope – MENIERE'S WARRIOR! Hope –
there is always hope! Hearing loss. A there is always hope! Hearing loss. A
cure will be found! Imbalance. Take cure will be found! Imbalance. Take
each day one at a time. BREATHE. each day one at a time. BREATHE.
Create moments. Find things to Create moments. Find things to
be thankful for. Ear pain. You will be thankful for. Ear pain. You will
overcome. Good things are coming. overcome. Good things are coming.
Research. Meniere's, your time is UP! Research. Meniere's, your time is UP!
Vertigo. There will be a cure! Meniere's Vertigo. There will be a cure! Meniere's
disease does not define us. Meniere's, disease does not define us. Meniere's,
I hate you! Tinnitus. I hate you! Tinnitus. MENIERE'S
WARRIOR! Hope, there is always WARRIOR! Hope, there is always
hope! We will be cured! BREATHE... hope! We will be cured! BREATHE...

May 1

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 2

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 3

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 4

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 5

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 6

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 7

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 8

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 9

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 10

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1. _____
2. _____
3. _____

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity: _____		

Notes: duration/severity of vertigo, new symptoms, etc

May 11

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 12

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 13

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 14

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 15

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 16

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 17

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 18

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 19

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 20

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 21

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 22

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 23

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 24

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 25

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 26

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1. _____
2. _____
3. _____

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity: _____		

Notes: duration/severity of vertigo, new symptoms, etc

May 27

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 28

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 29

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 30

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

May 31

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

Vertigo. STOP! There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! We will be cured! BREATHE...

Vertigo. STOP! There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! We will be cured! BREATHE...

June 1

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 2

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 3

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 4

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 5

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 6

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 7

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 8

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 9

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 10

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 11

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 12

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 13

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 14

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 15

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 16

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 17

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 18

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1. _____

2. _____

3. _____

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity: _____		

Notes: duration/severity of vertigo, new symptoms, etc

June 19

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 20

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 21

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 22

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 23

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 24

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 25

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 26

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 27

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 28

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 29

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

June 30

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

Vertigo. STOP! There will be a cure! Vertigo. STOP! There will be a cure!
Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. us. Meniere's, I hate you! Tinnitus.
MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP!
Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP!
Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP!
Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP!
Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! We will be cured! BREATHE... hope! We will be cured! BREATHE...

Vertigo. STOP! There will be a cure! Vertigo. STOP! There will be a cure!
Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. us. Meniere's, I hate you! Tinnitus.
MENIERE'S WARRIOR! Hope – MENIERE'S WARRIOR! Hope –
there is always hope! Hearing loss. A there is always hope! Hearing loss. A
cure will be found! Imbalance. Take cure will be found! Imbalance. Take
each day one at a time. BREATHE. each day one at a time. BREATHE.
Create moments. Find things to Create moments. Find things to
be thankful for. Ear pain. You will be thankful for. Ear pain. You will
overcome. Good things are coming. overcome. Good things are coming.
Research. Meniere's, your time is UP! Research. Meniere's, your time is UP!
Vertigo. There will be a cure! Meniere's Vertigo. There will be a cure! Meniere's
disease does not define us. Meniere's, disease does not define us. Meniere's,
I hate you! Tinnitus. I hate you! Tinnitus. MENIERE'S
WARRIOR! Hope – there is always WARRIOR! Hope – there is always
hope! Hearing loss. A cure will be hope! Hearing loss. A cure will be
found! Imbalance. Take each day one at found! Imbalance. Take each day one at
a time. BREATHE. Create moments. a time. BREATHE. Create moments.
Find things to be thankful for. Ear Find things to be thankful for. Ear
pain. You will overcome. Good things pain. You will overcome. Good things
are coming. Research. Meniere's, your are coming. Research. Meniere's, your
time is UP! Vertigo. There will be a time is UP! Vertigo. There will be a
cure! Meniere's disease does not define cure! Meniere's disease does not define
us. Meniere's, I hate you! Tinnitus. us. Meniere's, I hate you! Tinnitus.
MENIERE'S WARRIOR! Hope – MENIERE'S WARRIOR! Hope –
there is always hope! Hearing loss. A there is always hope! Hearing loss. A
cure will be found! Imbalance. Take cure will be found! Imbalance. Take
each day one at a time. BREATHE. each day one at a time. BREATHE.
Create moments. Find things to Create moments. Find things to
be thankful for. Ear pain. You will be thankful for. Ear pain. You will
overcome. Good things are coming. overcome. Good things are coming.
Research. Meniere's, your time is UP! Research. Meniere's, your time is UP!
Vertigo. There will be a cure! Meniere's Vertigo. There will be a cure! Meniere's
disease does not define us. Meniere's, disease does not define us. Meniere's,
I hate you! Tinnitus. I hate you! Tinnitus. MENIERE'S
WARRIOR! Hope, there is always WARRIOR! Hope, there is always
hope! We will be cured! BREATHE... hope! We will be cured! BREATHE...

July 1

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 2

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1. _____

2. _____

3. _____

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity: _____		

Notes: duration/severity of vertigo, new symptoms, etc

July 3

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 4

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 5

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 6

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 7

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 8

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July⁹

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 10

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 11

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 12

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 13

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 14

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 15

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 16

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 17

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 18

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 19

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 20

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 21

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 22

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 23

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 24

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1. _____

2. _____

3. _____

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity: _____		

Notes: duration/severity of vertigo, new symptoms, etc

July 25

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 26

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1. _____

2. _____

3. _____

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity: _____		

Notes: duration/severity of vertigo, new symptoms, etc

July 27

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 28

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 29

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

July 30

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1. _____

2. _____

3. _____

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity: _____		

Notes: duration/severity of vertigo, new symptoms, etc

July 31

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

Vertigo. STOP! There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! We will be cured! BREATHE...

Vertigo. STOP! There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! We will be cured! BREATHE...

August 1

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August₂

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August³

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 4

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August⁵

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August⁶

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 7

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 8

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 9

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 10

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 11

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 12

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 13

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 14

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 15

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 16

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 17

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 18

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 19

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 20

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 21

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 22

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 23

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 24

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 25

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 26

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 27

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 28

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 29

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 30

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

August 31

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

Vertigo. STOP! There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! We will be cured! BREATHE...

Vertigo. STOP! There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! We will be cured! BREATHE...

September 1

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 2

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 3

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 4

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 5

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 6

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

_____ Ifectorum pra L. Us, caes, sedestrorei ponsul vendacchum, ponsus,

September 7

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 8

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 9

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 10

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 11

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 12

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 13

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 14

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 15

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 16

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 17

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 18

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 19

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 20

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 21

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.
2.
3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 22

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 23

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 24

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 25

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 26

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 27

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 28

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 29

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

September 30

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

Vertigo. STOP! There will be a cure! Vertigo. STOP! There will be a cure!
Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. us. Meniere's, I hate you! Tinnitus.
MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! We will be cured! BREATHE... hope! We will be cured! BREATHE...

Vertigo. STOP! There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! We will be cured! BREATHE...

Vertigo. STOP! There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! We will be cured! BREATHE...

October 1

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 2

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 3

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 4

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 5

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 6

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 7

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 8

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 9

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 10

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 11

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 12

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 13

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 14

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 15

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 16

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 17

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 18

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 19

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 20

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 21

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 22

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 23

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 24

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 25

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 26

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 27

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 28

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 29

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 30

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

October 31

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

Vertigo. STOP! There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! We will be cured! BREATHE...

Vertigo. STOP! There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! We will be cured! BREATHE...

November 1

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 2

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 3

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 4

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 5

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 6

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 7

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 8

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 9

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 10

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 11

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 12

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 13

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 14

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 15

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 16

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 17

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 18

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 19

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 20

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 21

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 22

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 23

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 24

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 25

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 26

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 27

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 28

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 29

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

November 30

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

Vertigo. STOP! There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! We will be cured! BREATHE...

Vertigo. STOP! There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! We will be cured! BREATHE...

Vertigo. STOP! There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! Hearing loss. A cure will be found! Imbalance. Take each day one at a time. BREATHE. Create moments. Find things to be thankful for. Ear pain. You will overcome. Good things are coming. Research. Meniere's, your time is UP! Vertigo. There will be a cure! Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. MENIERE'S WARRIOR! Hope – there is always hope! We will be cured! BREATHE...

December 1

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 2

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 3

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 4

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 5

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 6

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 7

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 8

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 9

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 10

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 11

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 12

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 13

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 14

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 15

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 16

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 17

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 18

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 19

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 20

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 21

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 22

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 23

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.
2.
3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 24

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 25

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 26

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 27

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

- 1.
- 2.
- 3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 28

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 29

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 30

Day:

Weather:

Food & Drink Intake: _____

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today: _____

Possible visual triggers: _____

Possible physical triggers: _____

Possible emotional triggers: _____

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

December 31

Day:

Weather:

Food & Drink Intake:

Three Things I am Thankful for Today

1.

2.

3.

Symptoms:

Tinnitus	Vertigo	Drop Attack	nausea
Anxiety	Brain Fog	Hearing Loss	Hyperacusis
Fatigue	Balance	Co-ordination	Stress
Headache	Migraine	Body Cycle	Disequilibrium
Ear Fullness/ Pressure/Pain	Vision Difficulties	Physical Impairment	Vestibular Migraine
Vomiting	Depressed	BPPV*	

What I did today:

Possible visual triggers:

Possible physical triggers:

Possible emotional triggers:

What Helped Me?

Prescribed Medication		Natural Health Products	
Rest	Prayer	Meditation	
Nothing	Activity:		

Notes: duration/severity of vertigo, new symptoms, etc

Vertigo. STOP! There will be a cure! Vertigo. STOP! There will be a cure!
Meniere's disease does not define us. Meniere's, I hate you! Tinnitus. us. Meniere's, I hate you! Tinnitus.
MENIERE'S WARRIOR! Hope – MENIERE'S WARRIOR! Hope –
there is always hope! Hearing loss. A there is always hope! Hearing loss. A
cure will be found! Imbalance. Take cure will be found! Imbalance. Take
each day one at a time. BREATHE. each day one at a time. BREATHE.
Create moments. Find things to Create moments. Find things to
be thankful for. Ear pain. You will be thankful for. Ear pain. You will
overcome. Good things are coming. overcome. Good things are coming.
Research. Meniere's, your time is UP! Research. Meniere's, your time is UP!
Vertigo. There will be a cure! Meniere's Vertigo. There will be a cure! Meniere's
disease does not define us. Meniere's, disease does not define us. Meniere's,
I hate you! Tinnitus. I hate you! Tinnitus. MENIERE'S
WARRIOR! Hope – there is always WARRIOR! Hope – there is always
hope! Hearing loss. A cure will be hope! Hearing loss. A cure will be
found! Imbalance. Take each day one at found! Imbalance. Take each day one at
a time. BREATHE. Create moments. a time. BREATHE. Create moments.
Find things to be thankful for. Ear Find things to be thankful for. Ear
pain. You will overcome. Good things pain. You will overcome. Good things
are coming. Research. Meniere's, your are coming. Research. Meniere's, your
time is UP! Vertigo. There will be a time is UP! Vertigo. There will be a
cure! Meniere's disease does not define cure! Meniere's disease does not define
us. Meniere's, I hate you! Tinnitus. us. Meniere's, I hate you! Tinnitus.
MENIERE'S WARRIOR! Hope – MENIERE'S WARRIOR! Hope –
there is always hope! Hearing loss. A there is always hope! Hearing loss. A
cure will be found! Imbalance. Take cure will be found! Imbalance. Take
each day one at a time. BREATHE. each day one at a time. BREATHE.
Create moments. Find things to Create moments. Find things to
be thankful for. Ear pain. You will be thankful for. Ear pain. You will
overcome. Good things are coming. overcome. Good things are coming.
Research. Meniere's, your time is UP! Research. Meniere's, your time is UP!
Vertigo. There will be a cure! Meniere's Vertigo. There will be a cure! Meniere's
disease does not define us. Meniere's, disease does not define us. Meniere's,
I hate you! Tinnitus. I hate you! Tinnitus. MENIERE'S
WARRIOR! Hope, there is always WARRIOR! Hope, there is always
hope! We will be cured! BREATHE... hope! We will be cured! BREATHE...



What I Have Discovered

*My Action Plan
to Conquer Meniere's Disease*



What I Have Learned About Myself

I'm Thankful for ...

