Communicating Our Feelings

Charting Emotional Feelings
Sometimes there are no words to describe how we are feeling emotionally throughout our transplant experience.

✓ Please chart on your care calendar each day how you are feeling. If you are having a great day, chart a happy face on that day.

✓ If you are having a not so great day, chart a frown face on that day.

✓ If you find that you are consistently charting frown faces, contact your transplant coordinator or doctor and let them know how you have been feeling.

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