

My epilepsy trigger



Feeling sick?

Yes/No



Missing my meals?

Yes/No



Not enough sleep?

Yes/No



Some music?

Yes/No



Not taking my medication?

Yes/No



Over tired or
excited?

Yes/No



Thinking?

Yes/No



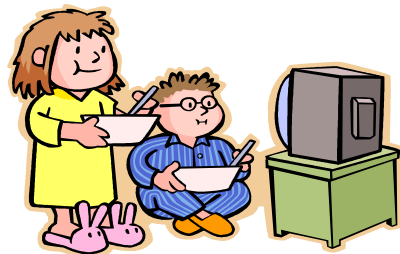
Caffeine?

Yes/No



Too much stress?

Yes/No



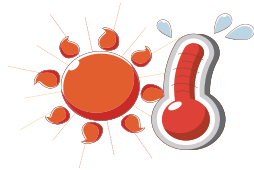
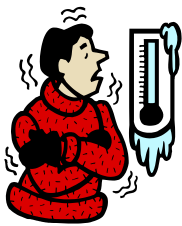
Watching TV or computer

Yes/No



Flashing lights?

Yes/No



Becoming too cold or hot?

Yes/No

Empty rectangular box for writing other triggers.

Other?

Some people have triggers for their seizures. The triggers can be different for different people.

Keep a record of what triggers your seizures and avoid the causes whenever possible.

It is important to keep busy and active and to enjoy your life.