

Memory & Well-being Report

Patient: Sheethal Joshi Thomas

Email: sh33thal24@gmail.com

■ Memory Recap & Well-being Summary:

Memory Recap

It's always a privilege to share our life's journey together. Today, let's take a walk down memory lane.

Do you remember that joyous New Year's party at your cousin's house in 2006? You had such a blast! And in 2023, you had a day filled with ups and downs yet found joy in your favorite pink eyeshadow, and your love for Stanley Cups.

Recall that simple but sunny day in 2009, you ventured out to enjoy the park. In 2019, a major life event unfolded when you received your board exam results, a moment of pure accomplishment. Fast forward to 2022, you embarked on your B-tech journey.

In 2024, you had a tiny hiccup when Professor Vinod Kumar removed you from class due to a small oversight, but those instances only propel us to learn.

In 2022, you spent a splendid day at the mall with Maria and Stephy. In 2025, it seemed like you were eager and ready for what was next, asserting, "Hello. We are back."

Emotional Well-being

Your emotional wellness chart is a mosaic of life's experiences. A handful of times you felt joyful, shining brightest, while moments of fear and agitation were few.

Remember, it's okay to feel uncertain or let down at times, as clouds do add character to a sunny sky. In those uncertain or uneasy moments, let's focus on our breath and remember our strengths and happy moments that never fail to bring a smile.

Familiar Faces & Places

Here is a picture of your beloved Dad, Devi. An exceptional florist with a flair for fish cuisines, his daring spirit, and zest for life are inspirational. That green hair is hard to forget!

You also recount memories of Taj Mahal, visited on your 7th birthday, and CUSAT; a place that seem to hold a special place in your heart.

Missed Medications

It's fantastic news! You haven't missed any medications. Your commitment to keeping up with them reflects your strength and discipline.

Encouragement & Tips

Remember, you are not alone on this journey, and each step you take is filled with courage and resilience. Feel joy in simple things, cherish memories of dear ones, and embrace new experiences. We'll continue to embark on our memory walks together, fostering warmth and joy. Don't hesitate to indulge in your love for Stanley Cups and your favorite pink eyeshadow; they are part of the beautiful person you are! Let's keep up the great spirit, and continue nurturing your well-being.