

# Medical Summary

## Symptoms

The patient reports symptoms of anxiety, decision fatigue, and depression, which are exacerbated by a perceived inability to make decisions, feelings of paralysis, and the tendency to remember negative experiences more vividly than positive ones.

## Treatment

No prescription medications were given in this consultation. The patient was advised to engage in mindfulness exercises, cognitive-behavioral therapy, and stress management techniques to help manage symptoms.

## Diagnostic

No formal diagnosis was given in the consultation.

## Illness History

No history of previous illness was reported by the patient.

## Family History

No family history of any disease was reported by the patient.

## Social History

The patient hinted at a stressful environment and potential triggers that may be causing the symptoms, such as difficulty in decision-making that is associated with anxiety and depression.