



## Healthy Bites Episode 39 – Making decisions

Hi, I'm Mitch from Central Coast Health.

Every day we're faced with decisions we must make, some are easy, like what to have for breakfast but others such as those related to our healthcare can be much harder.

So, how do you make choices when it comes to your health?

Here's a simple 5-step process that can help you:

Step 1: Find a piece of paper and pen then think about what you need to decide and list your options on one side of the paper.

Step 2: Beside each option list the 'positives' and 'negatives' in two separate columns.

Step 3: Give each positive and negative a score out of 5, where 1 is "not important" and 5 is "really important".

For step 4: Add up all positive and negative scores for each option and write down the totals.

Finally, step 5, look at each option paying particular attention to the total positive and negative scores.

Remember: it is your right to make decisions about your healthcare while being guided by your healthcare team. There are plenty of resources available from your GP and online that can help guide decision making.

So, be involved - talk to your healthcare team to help you understand how to weigh up treatment options and feel confident in your decision.