CLÍNICA VIVALDI · FREE SHEET · SOMATIC SYMPTOMS

Somatic symptom disorder

Physical symptoms that cause excessive worry, too much time spent on them, and great discomfort. The symptoms are real; it's about how you live them.

COMMON SIGNS

- Constant worry about symptoms
- Repeated medical visits
- A lot of time spent focused on the body

TIPS FOR YOU

1. Agree on regular medical check-ups, not on demand
2. Cut down on searching for information online
3. Return to activities even if there are symptoms

FOR FAMILY AND FRIENDS

1. Don't play down the symptoms: they are real
2. Encourage them to return to activities even if there is discomfort

WHEN TO ASK FOR HELP

1. If new symptoms appear, see the doctor
2. If the worry stops you living normally

TO OBSERVE AND NOTE DOWN

☐ I have physical symptoms that worry me a lot
☐ I often think about how serious it could be
☐ I spend a lot of time focused on my body
☐ I go to the doctor more than recommended
☐ Normal test results don't reassure me for long
☐ I have given up activities because of the symptoms
☐ I look up medical information online
☐ This worry takes up much of my day

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-sintomas-somaticos
- Full article: Somatic symptoms: clinicavivaldi.com/en/trastorno-sintomas-somaticos
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com