mood tracker

MONTH: _____

DAY

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

NOTES:

GOALS:

REFLECTIONS:

TRIGGER TRACKER

FOR MENTAL HEALTH

DATE & TIME

Previous Events
- didn't get enough sleep
- studied for 2 upcoming midterms
- 3 coffees
- got an assignment grade back
- updated resume

Feelings / Reactions
- panicked
- hopeless
- unfocused

Previous Events

Feelings / Reactions

Previous Events

Feelings / Reactions

Previous Events

Feelings / Reactions

Previous Events

Feelings / Reactions

Previous Events

Feelings / Reactions

5-4-3-2-1 METHOD

5 THINGS YOU CAN **SEE**

4 THINGS YOU CAN **TOUCH**

3 THINGS YOU CAN **HEAR**

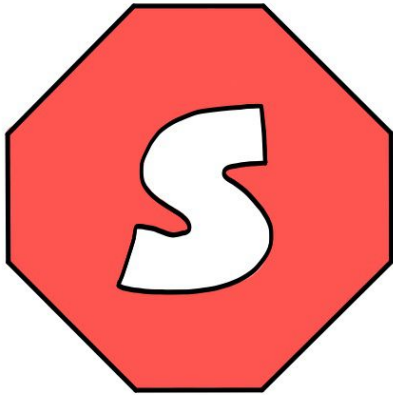**2** THINGS YOU CAN **SMELL**

1 THING YOU CAN **TASTE**

SASO

Stop Method for stress management

S

Stop. If you feel able to, stop moving and disengage from whatever you are doing. Take a step back.

T

Take time to breathe. Take one, two, or however many deep breaths you need. Inhale for five seconds, pause for a second at the top of your breath, and exhale for seven seconds. Stay at this stage for as long as you require.

O
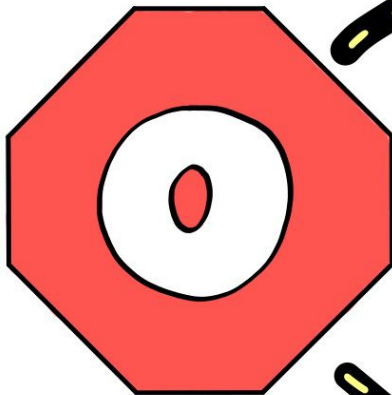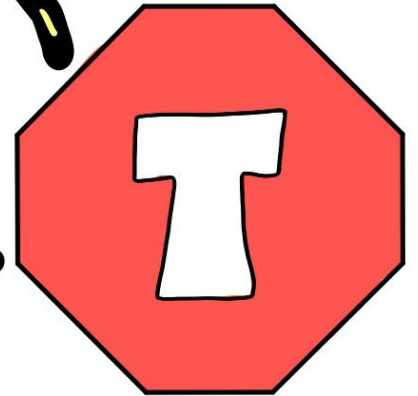
Observe. Look around at your environment. Notice any sensations in your body, scanning from head to toe. Notice any areas of tension. Pay attention to your feelings and name them.

P

Plan what you need right now, and proceed. Do you need food, a more quiet environment, or rest? Do what you feel is manageable and what can help to serve you in this moment. Take a shower, break from work, or any other solution that may help you feel calm.
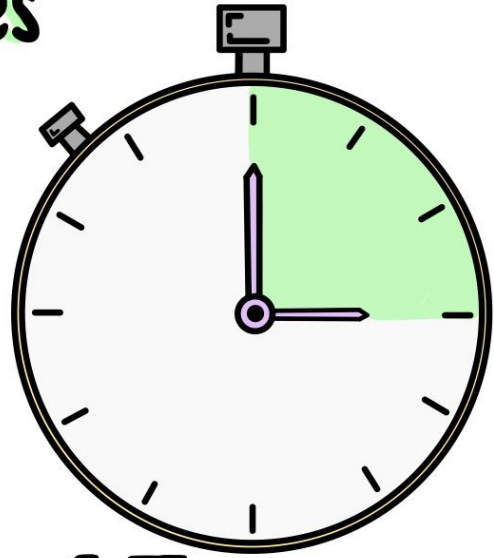
Self Care
Activities
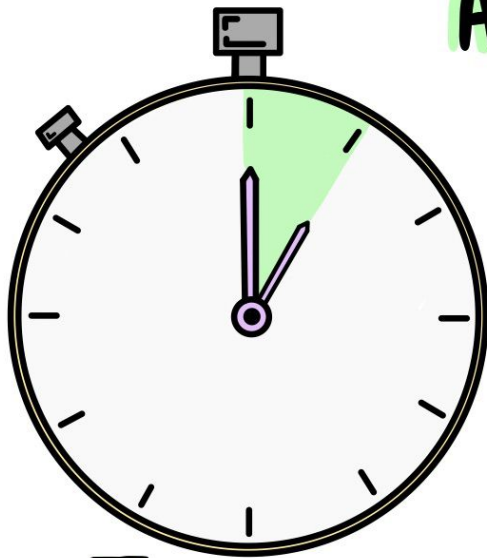
5 MINUTES

* Call/text friends or family
* Make a list of things you can control
* Hug a pet/friend/family/yourself
* Make a cup of tea
* List 3 things you're grateful for
* Tense and then relax your muscles
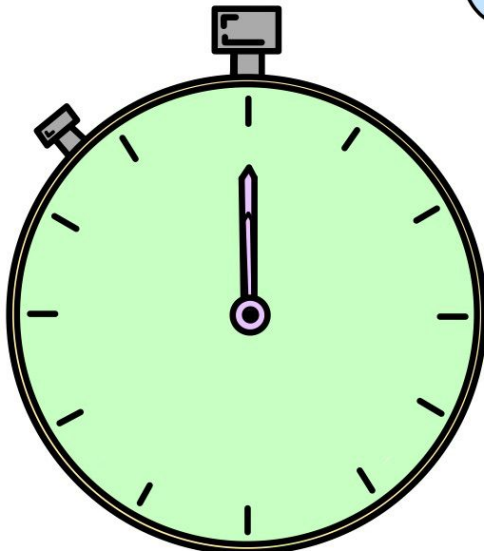* Visualize something peaceful
* Have a dance party

15 MINUTES
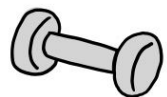
* Work on a puzzle
* Listen to music
* Journal
* Go for a walk
* Do a craft/draw/paint
* Take a shower/bath
* Eat a healthy snack
* Stretch/yoga

60 MINUTES

* Workout
* Spend time with friends
* Read a book
* Clean/organize your room
* Watch a funny movie/TV show
* Listen to a podcast
* Bake or cook
* Learn something new
* Unplug from technology

SASO

Gratitude Journal

mon

Something *good* from today: _____

Something I'm *grateful* for: _____

Something that would have made today *better*: _____

Tue

Something *good* from today: _____

Something I'm *grateful* for: _____

Something that would have made today *better*: _____

wed

Something *good* from today: _____

Something I'm *grateful* for: _____

Something that would have made today *better*: _____

THU

Something *good* from today: _____

Something I'm *grateful* for: _____

Something that would have made today *better*: _____

Fri

Something *good* from today: _____

Something I'm *grateful* for: _____

Something that would have made today *better*: _____

Sat

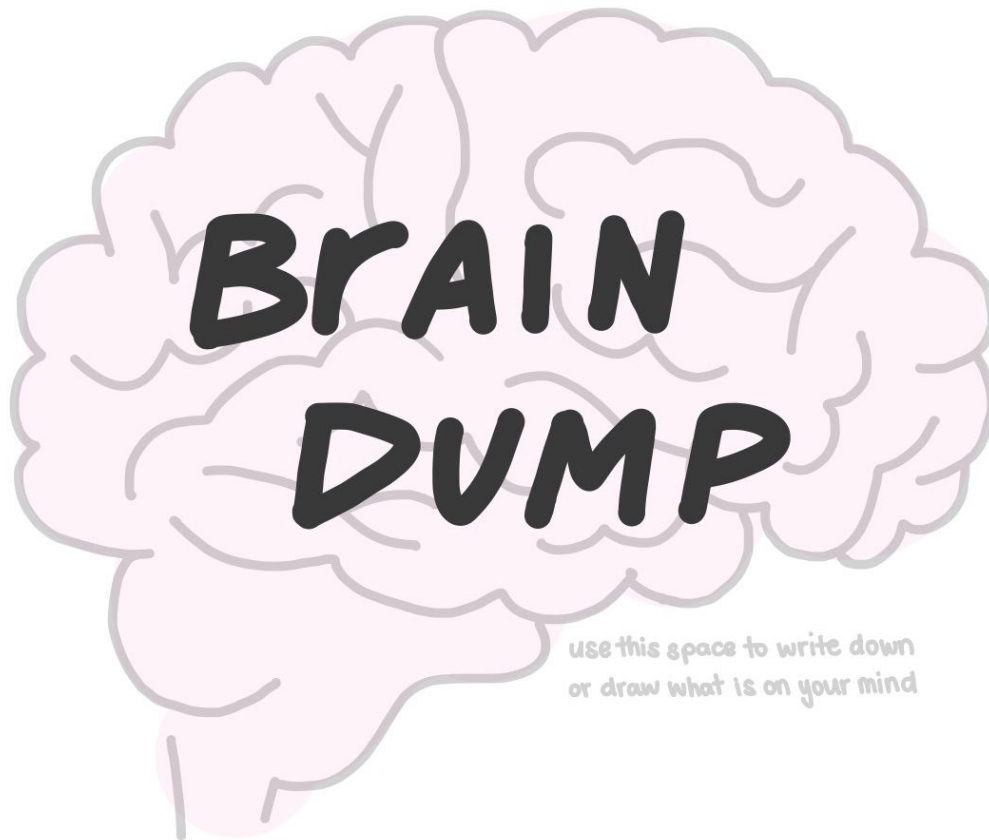Something *good* from today: _____

Something I'm *grateful* for: _____

Something that would have made today *better*: _____

sun

Something *good* from today: _____

Something I'm *grateful* for: _____

Something that would have made today *better*: _____

SASO

Brain Dump

use this space to write down
or draw what is on your mind

SASo

Hello, I am ANGER

- Annoyed
- Vengeful
- Outraged
- Irritated
- Grouchy
- Hostile
- Bitter
- Agitated
- Indignant

Hello, I am HAPPINESS

- Elated
- Satisfied
- Triumphant
- Content
- Joyful
- Hopeful
- Optimistic
- Eager
- Proud

Hello, I am SHAME

- Self conscious
- Uneasy
- Deflated
- Embarrassed
- Humiliated
- Shy

Hello, I am GUILT

- Regretful
- Apologetic
- Remorseful
- Responsible

Hello, I am JEALOUSY

- Wary
- Untrusting
- Cautious
- Possessive
- Defensive
- Suspicious

Hello, I am DISGUST

- Antipathetic
- Averted
- Scornful
- Contemptuous
- Hateful
- Loathing
- Disliking
- Resentful
- Spiteful

Hello, I am LOVE

- Enchanted
- Lustful
- Passionate
- Sympathetic
- Sentimental
- Fond
- Compassionate
- Affectionate
- Yearning

Hello, I am FEAR

- Distrustful
- Apprehensive
- Anxious
- Dreadful
- Shocked
- Worried
- Frightened
- Overwhelmed
- Panicked

Hello, I am SADNESS

- Disappointed
- Grieving
- Agonized
- Lonely
- Pessimistic
- Defeated
- Insecure
- Alienated
- Neglected