


















#MOOD

Create a feelings color code and color in how you feel each day. Tracking your mood can provide you with valuable insights into your emotional patterns and help you recognize trends or triggers that influence your overall wellbeing. It is also a helpful tool for self-reflection and understanding that can lead you to adjust your daily routines and develop coping strategies to improve your emotional wellbeing.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sample							
Morning							
Noon							
Night							

 orange
  green
  blue
  purple
  red

 _____
  _____
  _____
  _____
  _____

#TRIGGER TRACKER

Make notes about times when you don't feel good and think about how you can help yourself manage through those times better.

Date	What happened?	How did it make you feel?	Did you notice a physical response?	Self-care: What can you do to feel better?
9/23	A friend didn't respond to my dinner invite.	Disappointed. My feelings were hurt.	I felt pretty blah after that, just wanted to watch TV.	Go for a walk with a neighbor instead.