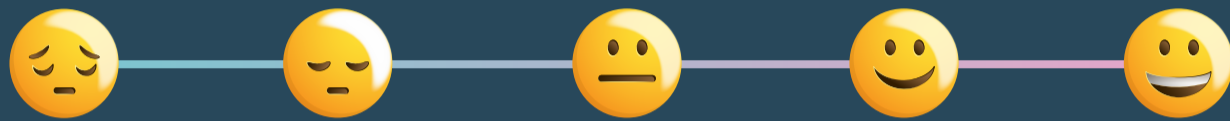




The Feelings Tracker

How are you feeling today?



Are these positive or negative emotions?

Think about the emotion(s) you're feeling now. You may be feeling one or more at the same time. Here are some examples of words that can help you describe how you feel:



What is causing you to feel this way?

Think about what is going on in your life and/or what's on your mind. Did something happen to make you feel this way?

If you are experiencing negative emotions, what can you do to make yourself feel better?

It's okay to experience negative emotions sometimes, there are many resources available to help you. Focus on what you can do and engage in activities that make you feel better.