



Awareness Journal

Caring About You

If you want to start journaling about how you're feeling, following are some ideas to get you started. You can use these journaling prompts as a jumping-off point to explore your thoughts and feelings. Remember, there's no wrong way to journal about how you feel.

>>	List five good things about today.
>>	What is something I am looking forward to?
>>	When was the last time I did something nice for myself? How did it make me feel?
>>	How can I take better care of myself emotionally when feeling down?
>>	When things feel hard, I want to remember
>>	What is something that made me feel sad today?
>>	Is there something I'm grieving, like a person, relationship, pet, etc.?
>>	How do I want to feel when waking up in the morning? What can I do to make sure it happens?
>>	When and where does anxiety happen? What triggers it? What are the consequences? When, if ever, is it not present? What difference does that make?
>>	Is what I need something that I can give myself or do I need support? If I need support, who can help?
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#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	, Mo	nday	Tuesday	Wednesda	y Thurs	day	Friday	Saturday
Sample				Manage					
Morning									
Noon									
Night									
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#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.	