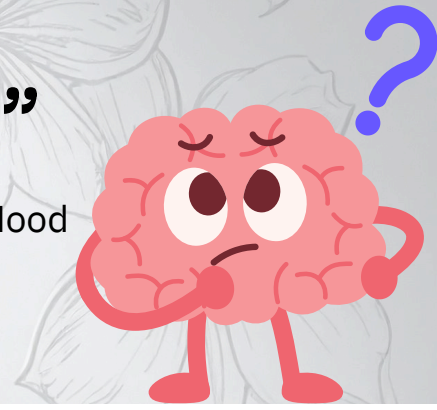


# “How I feel Today”

A Simple Reflection on Personal Feelings and Mood



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## My Feelings

How am I feeling right now?

- Happy
- Calm
- Excited
- Tired
- Sad
- Stressed
- Angry
- Anxious
- Overwhelmed
- Confused
- Other: \_\_\_\_\_

## What's Going on?

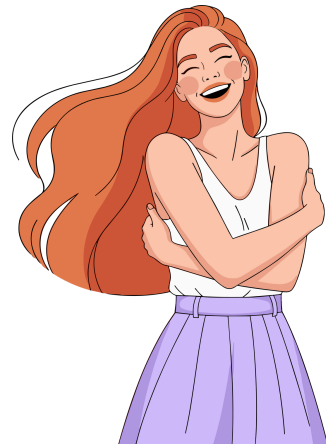
What happened today or what's on my mind?



## My Body Feels

What do I notice in my body?

- Tense
- Relaxed
- Low energy
- Restless
- Heavy
- Light
- Other: \_\_\_\_\_



## What I Need Right Now

- Rest
- A break
- Someone to talk to
- Quiet time
- Movement
- Distraction
- Comfort
- Other: \_\_\_\_\_

## One Small Thing I Can Do

What is one thing I can do to support myself?

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## Reflection

What might help me feel even a little better?

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"All feelings are okay. I can take care of myself one step at a time."