

Daily check-in

Today I'm feeling...



I'm feeling this way because...

A large, empty rectangular box with a light green background, intended for writing the reason for the current feeling.

Coping tools I can use to help my feeling(s) are...

Take deep breaths
Count down from 10
Read a book
Go outside for a walk
Listen to a meditation

My ideas

A large, empty rectangular box with a light blue background, intended for writing personal coping ideas.