

# HOW I'M FEELING



How long I  
slept:

OVERWHELM



APPETITE



STRESS



ENERGY



FOCUS

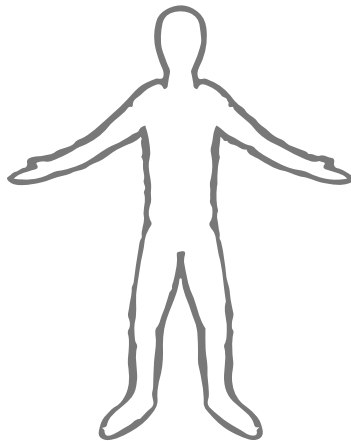


How well I ate  
yesterday:

I'm feeling:

What's been challenging?

Where do I  
feel it in my  
body?



## Immediate Self-Care:

- ☐ Relax my muscles
- ☐ Use the bathroom
- ☐ Eat food/drink water
- ☐ Begin deep breathing
- ☐ Meditate
- ☐ Wash my face
- ☐ Take a break

What's going on? *(and how will I be kind to myself?)*

