

HOW I'M FEELING



How long I slept:

OVERWHELM



ENERGY



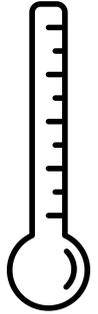
APPETITE



FOCUS



STRESS

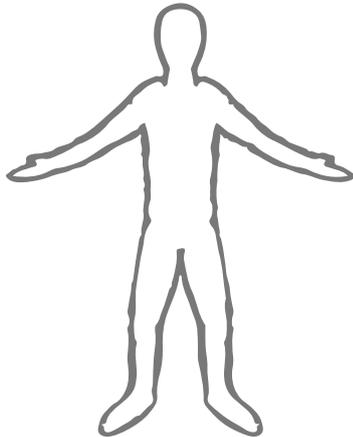


How well I ate yesterday:

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?)*

