

Mental Health Tracker

How do I feel today?

LOVED	HAPPY	CONTENT	SLEEPY	SAD	HEARTBROKEN	STRESSED	WORRIED	ANGRY
ESTATIC	WARM	AFFECTIONATE	SHOCKED	ANXIOUS	HESITANT	CONFUSED	DEPRESSED	BETRAYED
INTELLIGENT	LUCKY	CONFIDENT	SKEPTICAL	SCARED	HELPLESS	DISAPPOINTED	IRRITATED	EXPLOSIVE
ACCEPTED	HOPEFUL	PLAYFUL	HOPELESS	INVISIBLE	FRUSTRATED	POWERLESS	DISGUSTED	VIOLENT
STRONG	SILLY	GOOD	UNSURE	EMPTY	WORTHLESS	GAURDED	SNEAKY	RAGE
UNBREAKABLE	EXCITED	ABANDONED	LOST	ALONE	REJECTED	TOXIC	HURT	OVERWHELMED

Day	Emotion(s)
S	
M	
T	
W	
T	
F	
S	

Notes & Observations: _____
