

Emotional Well-Being

Circle what fits today - more than one is always okay

Grateful

Hopeful

Calm

Connected

Proud

Loved

Lonely

Anxious

Impatient

Overwhelmed

Sad

Frustrated

Exhausted

Uncertain

Irritable

Scared

Ready

Not Ready

Restless

Excited

Tearful

Emotions I felt today, in my own words:

What's the first feeling I noticed when I woke up today? How has that feeling changed through the day?

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

*Pause Here - Close your eyes. Breathe in for 4 counts, hold for 4, out for 6. Repeat 5 times.
Your body is doing something extraordinary, one day at a time.*