Mental Health Check in

ANXIOUS AS ANYTHING

DATE	WHAT HAVE BEEN YOUR THREE CONSTANT EMOTIONS THIS WEEK?
HOW ARE YOU FEELING TODAY?	\circ
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	WHAT DO YOU FEEL GOOD / EXCITED ABOUT RIGHT NOW?
HOW ARE YOU FEELING TODAY?	
HOW CAN YOU IMPROVE YOUR	THINGS THAT TRIGGERS NEGATIVE EMOTIONS
MENTAL HEALTH?	0
	0
	0
	MY RANKING OF MY MENTAL HEALTH THIS WEEK

