



The Feelings Tracker

How are you feeling today?



Think about the emotion(s) you're feeling now. You may be feeling one or more at the same time. Here are some examples of words that can help you describe how you feel:



What is causing you to feel this way?

Think about what is going on in your life and/or what's on your mind. Did something happen to make you feel this way?

Sometimes you may feel sad, or angry or a range of other emotions, but know that it's okay. What can you do to make yourself feel better?

It's okay not to be okay at times, there are many resources available to help you. Focus on what you can do and engage in activities that make you feel better.