

MENTAL health LOG

Date March 7, 2023

Rate your day

10

Today I feel...



Happy.
Grateful.
Proud.
Motivated.
Productive.

Satisfied.
Relaxed.
Calm.
Powerful.
Excited.

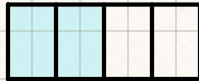
Lonley.
Depressed.
Anxious.
Hurt.
Frustrated.

Annoyed.
Sad.
Angry.
Exhausted.
Drained.

Energy Level



Stress Level



I slept 8 hrs last night

Today I accomplished...

- ① School work: 6th grade
- ② took a nap during S.S
- ③ took A.D.H.D pills/meds

What happened today?

I almost died by hunger I did work
I fell asleep in science because I finished
my work

Thoughts & Reflections

MOTIVATION



TIME



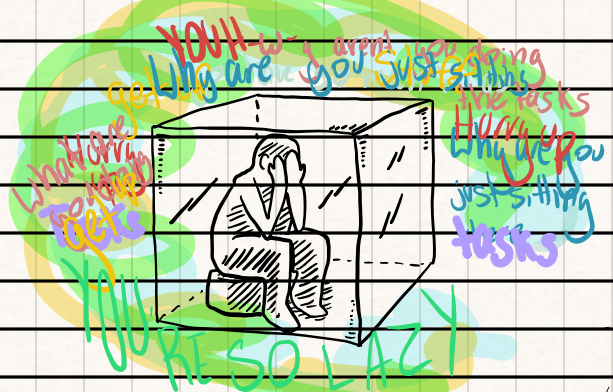
SLEEP



CONVERSATION



How depressed is h



Sad