

Name: Date:	
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# **Daily Check-In**

**Directions:** Using the guide below, log your mood stressors, (and postive moments for one week).

MONDAY Mood:	Mood: WEDNESDAY Mood:	
Stressors:	Stressors:	Stressors:
Positive Moment:	Positive Moment:	Positive Moment:
THURSDAY Mood:	FRIDAY Mood:	SATURDAY Mood:
Stressors:	Stressors:	Stressors:
Positive Moment:	Positive Moment:	Positive Moment:
SUNDAY Mood:	How did your feelings h	nelp you to manage and reflect
Stressors:	_	
Positive Moment:	_	







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## **Gratitude Journal**

**Directions:** Time to get thankful! Put the things you learned into practice by writing a one-to two-page journal entry describing things you are thankful for. Start by describing two or three situations or events you feel thankful for. These could be anything from a major success to a situation that turned out better than you expected—even something as small as an interaction that made you feel appreciated. Explain what happened and why you are thankful things happened the way they did.Remember to also tell who was involved and how they contributed to your feelings of gratitude. At the end, reflect on how journaling your gratitude made you feel.

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## **Get Journaling**

**Directions:** Pick three of the prompts below and write a self-reflection for each one.

- 1. Write about something that brought you joy today.
- 2. Write about something that made you anxious this week.
- 3. What's an assumption people make about you? Are they wrong?
- 4. What are your favorite things about the season you're in?
- 5. What are three things you would do if you had no fear?



Prompt #			
Reflection:			
Prompt #			
Reflection:			
Prompt #			
Reflection:			







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### **Vocab: Stressed? Reset It!**

Directions: Using the Word Bank below, fill in the blank spaces in the following sentences.

#### **WORD BANK**

Hormones Vicious

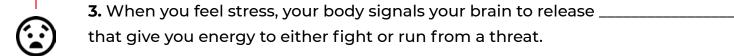
Anxiety Immobilized

Core Temperature



<b>I.</b> When you're stressed, you	r body is flooded with hormones that can make you
feel	, but dancing can help your body start moving again.

**2.** Stress and \_\_\_\_\_can make you feel hot and flustered.





- **4.** To avoid the \_\_\_\_\_\_ stress cycle caused by muscle tension, dosoothing muscle relaxation exercises.
- **5.** Lowering your \_\_\_\_\_ immediately slows your heart rate and increases blood flow to your brain, which will help calm your emotions.



