

DAILY MOOD & THOUGHT CHECK-IN



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How are you feeling today?



Happy



Neutral



Anxious



Sad



Angry



Overwhelmed



Tired

What's on your mind?

Where do you feel tension in your body?

- Head
- Hands
- Jaw
- Back
- Chest
- Other: _____
- Stomach
- Nowhere/I feel calm
- Neck & Shoulders



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A tool to help you reflect and practice self-care.



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Coping strategies to try:

Deep Breathing

Inhale for 4 seconds → Hold for 4 seconds → Exhale for 4 seconds
→ Hold for 4 seconds. Repeat for 1-2 minutes.

5-4-3-2-1 Grounding Technique

Identify 5 things you can see, 4 you can feel, 3 you can hear, 2 you can smell, and 1 you can taste.

Step Outside for Fresh Air

Take a short walk or stand outside. Focus on your breathing and surroundings.

Journal for 5 Minutes

Write about what's on your mind or use prompts like "What do I need right now?"

Repeat an Affirmation

"I am safe. I am capable. I am enough." Say it aloud or write it down.

Text a Friend

Reach out to someone you trust. A simple "Hey, just checking in—how are you?" can make a difference.

Today's Affirmation:

I am doing the best I can with what I have.



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