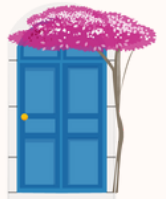


DAILY MOOD & THOUGHT CHECK-IN

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



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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

☐

Jaw

☐

Chest

☐

Stomach

☐

Neck & Shoulders

☐

Hands

☐

Back

☐

Other: _____

☐

Nowhere/I feel calm



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705.716.7130



info@bftherapy.ca

DAILY MOOD & THOUGHT CHECK-IN

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

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.

