

2024-10-16

Journal Log

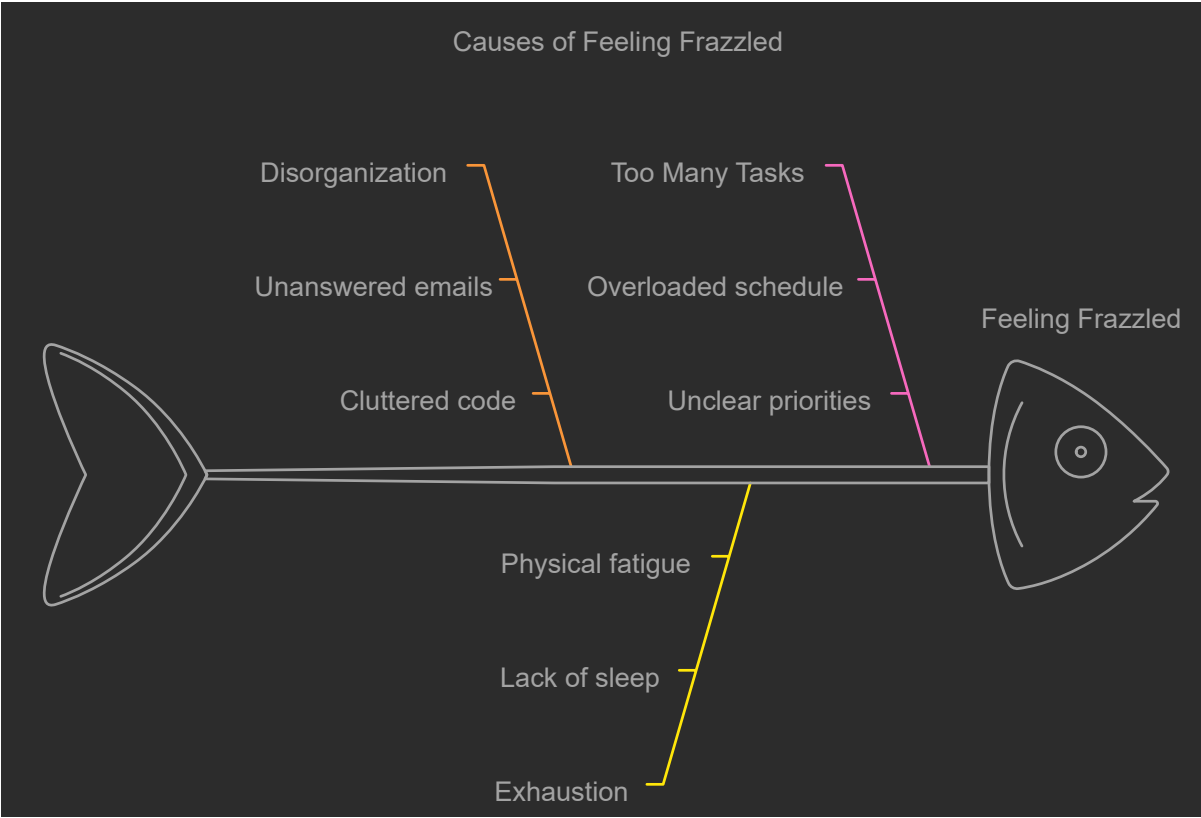
Date 2024-10-16 8:30:00 a.m.

1. Emotional State Assessment

Reflect on your overall emotional state. This is a conscious evaluation of your emotions and how they might be influencing your thoughts and actions. Use specific terms like **anxious**, **content**, **overwhelmed**, etc.

Today, I am feeling-
Frazzled- disorganized and exhausted, too many tasks to prioritize.

2024-10-16



2. Red Line Body Scan

Mental scan of your body from head to feet, noting any areas of tension, discomfort, or physical sensations.

- **Head** Foggy- a bit light headed. Eyes have yet to wake up.
- **Shoulders/Neck** Restricted- feels a bit stiff looking side to side.
- **Chest** Bold- feels normal, a bit confident.
- **Stomach** Loaded- feels pressure mixed with a sensation of butterflies.
- **Legs/Feet** Heavy- a slight tingle, pants are a bit scratchy feeling.
- **Overall** Anxious- an overall feeling of restlessness.

3. 5-4-3-2-1 Grounding Technique

A mindfulness technique to ground you using your five senses.

- **5 things you can see**
 1. RedBull
 2. Octothorpe
 3. Death
 4. 3d Printed Slug
 5. Code
- **4 things you can touch**
 1. Keys
 2. Pants
 3. Arm rest
 4. Bunched up shirt
- **3 things you can hear**
 1. Chatter
 2. Typing
 3. Humming of air ducts
- **2 things you can smell**
 1. Fresh air
 2. A slight sweetness?
- **1 thing you can taste**
 1. Tropical Peach