

2024-10-22

# Journal Log

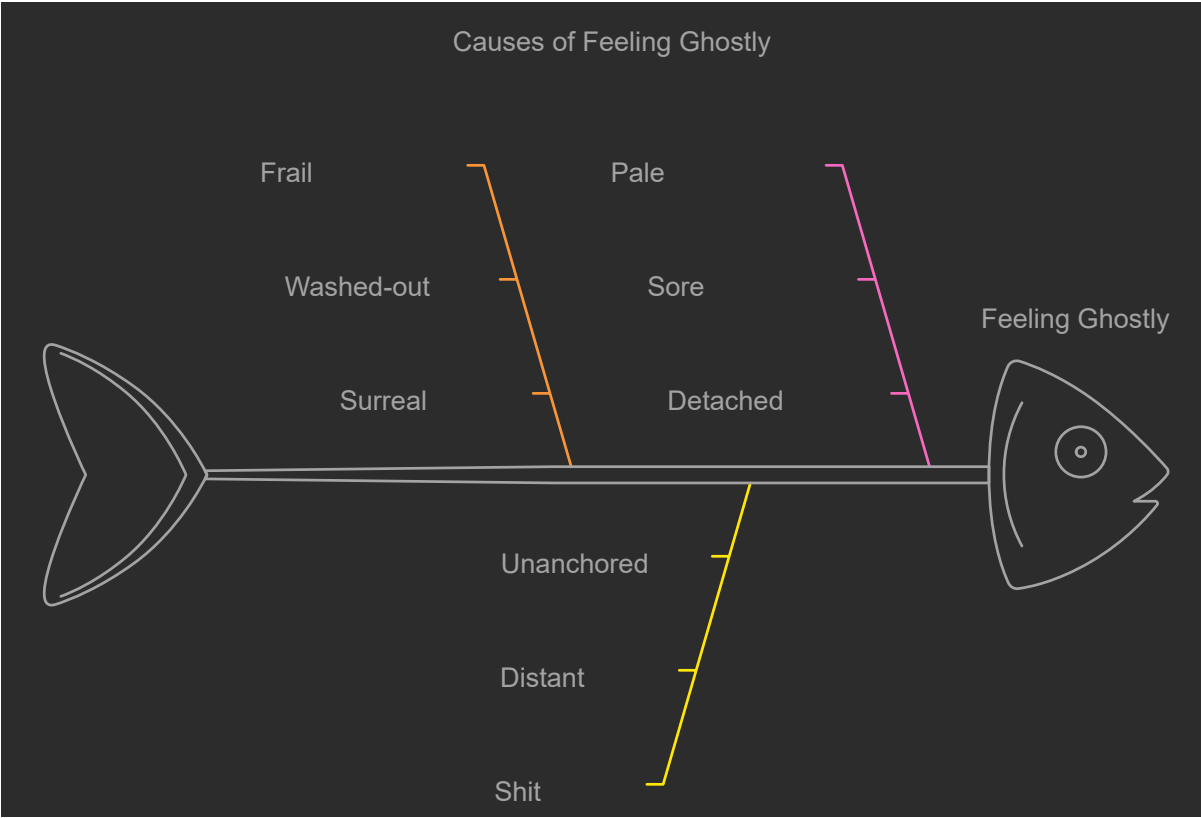
Date 2024-10-22

## 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-  
Ghostly- pale, detached, and surreal, tail end aftermath of a cold.

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## 2. Red Line Body Scan

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

- **Head** Congested- head is heavy and it's hard to breathe.
- **Shoulders/Neck** Raspy- feels scratchy and I hate it.
- **Chest** Light- feels fine, but a bit lazy.
- **Stomach** Rock- feels upset, keep getting cramps.
- **Legs/Feet** Cozy- very comfortable jeans today.
- **Overall** Frail- an overall feeling of weakness.

## 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. Water
  3. Bellini
  4. Obsidian
  5. Coding ad 'Help poor children in Uganda!'
- **4 things you can touch**
  1. Sweaty palms
  2. Jeans
  3. Palm rest
  4. Fuzzy sweater
- **3 things you can hear**
  1. Small talk, Egyptian sleeping techniques
  2. hem
  3. ahem
- **2 things you can smell**
  1. Dust
  2. Congestion
- **1 thing you can taste**
  1. Tasteless