

2024-10-26

Journal Log

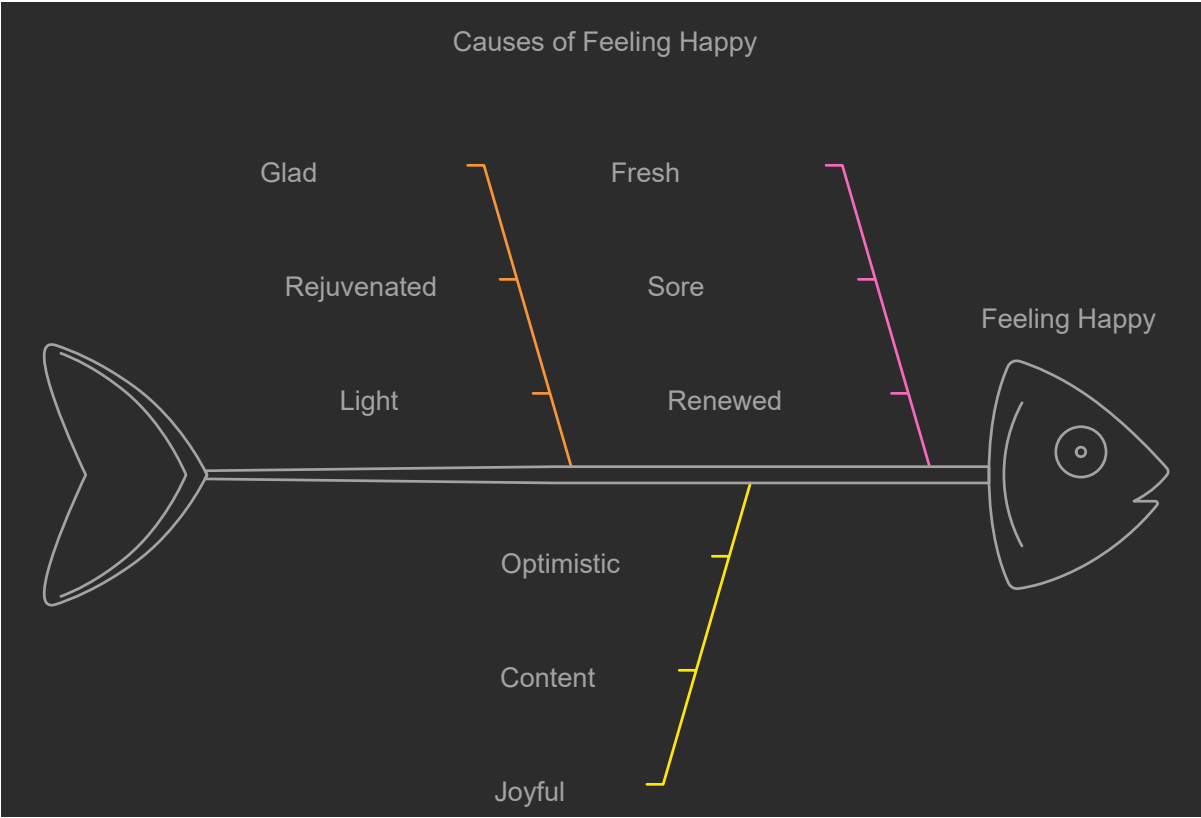
Date 2024-10-26 10:40 a.m.

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-
Happy- positive and optimistic.

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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** Light- feels clear and relaxed.
- **Shoulders/Neck** Sore- still recovering from a cold.
- **Chest** Jittery- feels normal, but a bit nervous?
- **Stomach** Empty- talks to me about food.
- **Legs/Feet** Renewed- feels like I am walking for the first time.
- **Overall** Rejuvenated- an overall feeling of being relaxed and awake.

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

A mindfulness technique to ground you using your five senses.

- **5 things you can see**
 1. Morning rays
 2. Beautiful sleepy wife
 3. Snooze
 4. Water bottle
 5. Meds
- **4 things you can touch**
 1. Medication container
 2. Warm blanket
 3. Soft pillow
 4. Cool air from a fan
- **3 things you can hear**
 1. Snoring
 2. Purring
 3. Birds chirping
- **2 things you can smell**
 1. Nothing
 2. Nothing
- **1 thing you can taste**
 1. Cold water