

2024-10-17

Journal Log

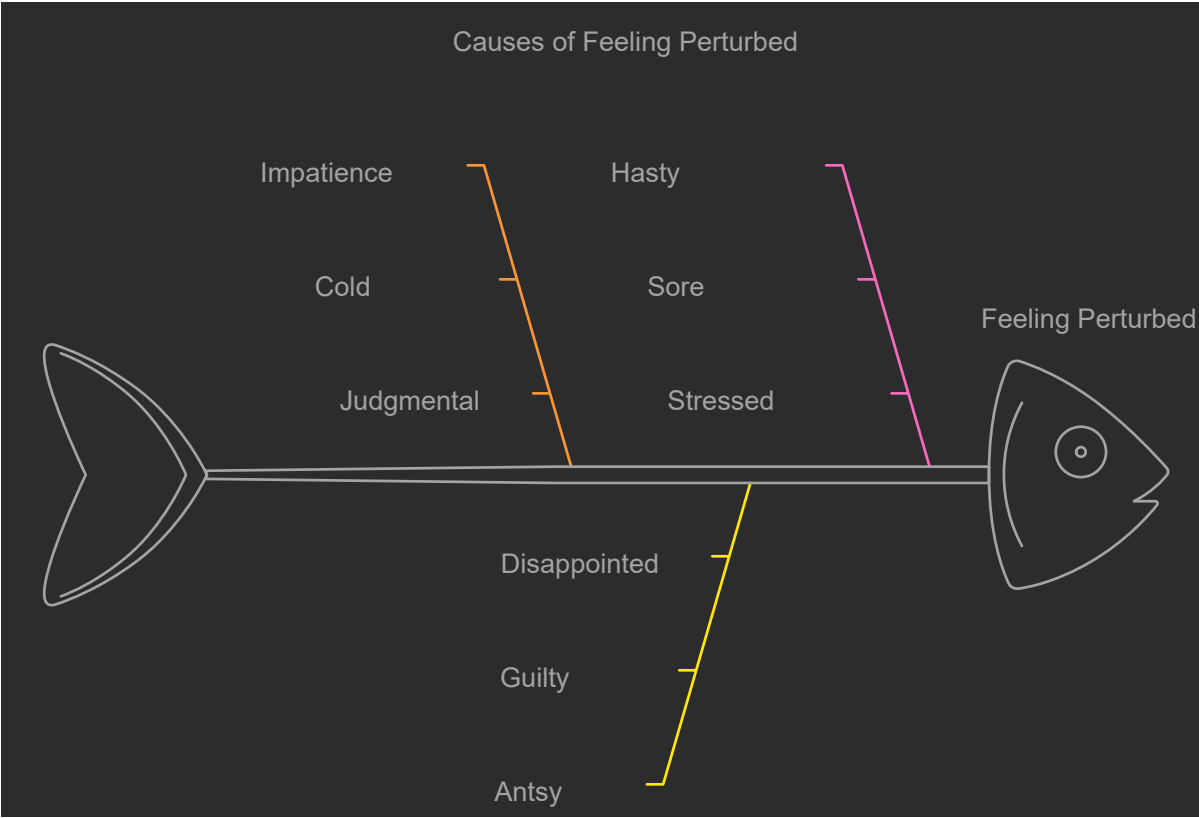
Date 2024-10-17 8:30:00 a.m.

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-  
Perturbed- troubled and bothered by having to wait or experiencing unnecessary delays.

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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** Restricted- feels as though my head is screwed on loosley.
- **Shoulders/Neck** Raw- throat feels inflamed, seems I am getting sick.
- **Chest** Tender- sore from yesterdays SolidCore chest exercises.
- **Stomach** Empty- doesn't feel much, not hungry, not full.
- **Legs/Feet** Restless- ready to get moving.
- **Overall** Uncomfortable- body feels edgy, needs to move but other parts want to go back to bed.

## 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. Frost
  3. Leaves
  4. Bright Sun
  5. Cars, lots of cars, and a bowl of Cool Whip for breakfast?
- **4 things you can touch**
  1. Cold steering wheel
  2. Cold air conditioner
  3. Cold RedBull can
  4. Cold leather seats
- **3 things you can hear**
  1. Load radio
  2. Quiet, sound of heater
  3. Traffic
- **2 things you can smell**
  1. Morning dew
  2. Warm dusty metallic
- **1 thing you can taste**
  1. Tropics with a medicinal vanilla aftertaste