

# Mental Health Plan 2025

Personalized Plan for: **amfstacks@gmail.com**

## Contact Information

**Email:** amfstacks@gmail.com

**Age:**

## Self-Awareness

**Mental State (1-10):** 5

**Current Feelings:**

**Main Stressors:**

**Mood Boosters:**

**Social Media Limit:** minutes

**Hours of Sleep:** hours

## Managing Stress and Triggers

**Stress Response:**

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**alm Down Plan:**

**upport Contacts:**

**ffirmations**

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