
Your Mental Health Plan 2025

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

Email: amfstacks@gmail.com

Age:

Mental State (1-10): 5

Current Feelings:

Main Stressors:

Mood Boosters:

Habits: Array

Social Media Limit: minutes

Sleep Hours:

Other Habits:

Stress Response:

Calm Down Plan:

Support Contacts:

Emotional Support:

Therapist/Coach:

Support Group:

Other Support:

Daily Habits Check:

Progress Toward Goals:

Improvements for Next Month:

Array