
Mental Health Plan 2025

Contact Information

Email: amfstacks@gmail.com

Age:

Self-Awareness

Mental State: 5

Current Feelings:

Stressors:

Mood Boosters:

Mental Health Goals

Daily Practices

Social Media Limit: minutes

Hours of Sleep: hours

Managing Stress and Triggers

Stress Response:

Calm Down Plan:

Support Contacts:

Affirmations

1.

2.

3.