

Full Wellness Portfolio: riksta123

1. Safety Plan

Triggers: None
Coping: None

2. Mood & Health History

[2026-01-06 15:23:58] Mood: 7/10 | Sleep: 7.0h | Meds: q 50 (x2)
Notes:

[2026-01-06 15:15:41] Mood: 3/10 | Sleep: 4.5h | Meds: q 50 (x2)
Notes: not great

[2026-01-06 15:12:11] Mood: 5/10 | Sleep: 7.0h | Meds:
Notes:

[2026-01-06 15:12:10] Mood: 5/10 | Sleep: 7.0h | Meds:
Notes:

3. Gratitude Journal

4. CBT Thought Challenges

Entry Date: 2026-01-06 15:23:16
Situation: a
Thought: 1
Evidence: Evidence against this thought...1

5. Clinical Assessment History (PHQ-9)

Date: 2026-01-06 15:23:42 | Score: 0 | Result: Minimal
Date: 2026-01-06 15:23:36 | Score: 0 | Result: Minimal