

Daily Mental Health Reflection Log

"The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind." William James

Subjective Mood Assessment (Scale 110)

Assign a numerical value to your emotional state. Then annotate your score with qualitative observations. What dynamicsexternal or internalhave shaped your affective tone?

Sleep Hygiene Evaluation

Record your hours of sleep and the qualitative features of your rest. Reflect: Was your rest restorative? Fragmented? Disrupted by thoughts or dreams?

Identification of Psychological Triggers

Detail any perceived stimulevents, thoughts, interactionsthat initiated stress or emotional activation. Recognizing patterns enhances anticipatory coping.

Coping Strategy Inventory

List strategies employed today for emotional regulation or support (e.g., mindfulness, exercise, reframing, interpersonal connection). Rate their perceived efficacy.

Gratitude Notation Practice

List three or more specific instances or details for which you feel genuine gratitude. Then briefly analyze why each resonates with you today.

Self-Care Behaviors Log

Describe all self-nurturing actions takenno matter how small. Categorize into physical, emotional, spiritual, or intellectual care. This honors intentional maintenance of the self.