

Activity

Practicing these skills helps you to increase awareness of thoughts, feelings, and behaviors to improve your mental health and wellness.

Emotion Monitoring

Being able to monitor and track your mood is an effective skill for helping to increase your emotional awareness. It can also help provide information about the things you may need and help you communicate that need. For this week, pick three emotions you will monitor. Track the intensity, physical sensation, and what was happening at the time you felt each emotion.

Emotion: _____	Emotion: _____	Emotion: _____
Rate intensity:	Rate intensity:	Rate intensity:
Physical sensations:	Physical sensations:	Physical sensations:
What was going on:	What was going on:	What was going on:

Follow-Up

When you rate your feelings, you're gathering data about your experiences over the past week. If there are emotions that you're hoping to feel more or less, the skills reviewed in the additional videos and worksheets of this curriculum will help. You can use worksheets like this one each week to track your progress and figure out how the skills might be affecting your feelings.