

BAROMETER weekly temperature

NAME: _____ DATE: _____

Physical Wellbeing

0 1 2 3 4 5 6 7 8 9 10
very bad some discomfort feel very well

Personal care (includes eating habits, routine, hygiene, and exercise)

0 1 2 3 4 5 6 7 8 9 10
not successful made some effort very good self care

Sleep

0 1 2 3 4 5 6 7 8 9 10
bad/light/insomnia some difficulty slept well, feel rested

Intensity of emotions

0 1 2 3 4 5 6 7 8 9 10
felt nothing aware of emotions strong emotions/affect concentration

Please note the most frequent emotions felt this week (sadness, worry, anger, jealousy, joy, contentment, peaceful feeling, euphoria, etc.)

Level of stress

0 1 2 3 4 5 6 7 8 9 10
no stress medium stress high stress level

Social interaction

0 1 2 3 4 5 6 7 8 9 10
very isolated met with some others strong network of support

This week I am conscious that:

