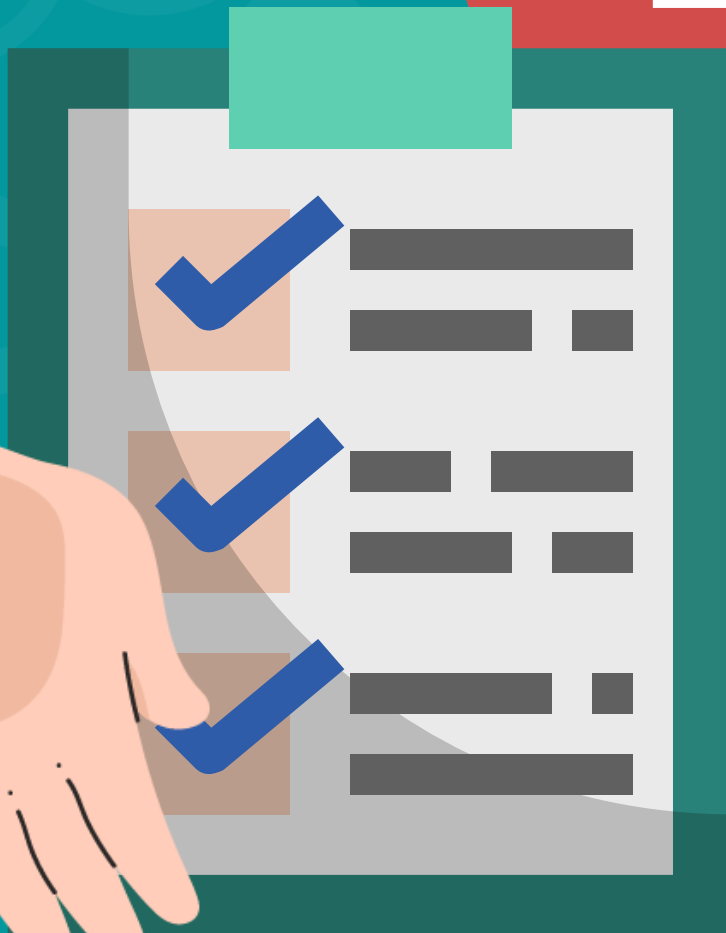




PLURALLI

GLIMMERS & TRIGGERS

A SELF-CARE WORKBOOK





TRIGGER TRACKER FOR MENTAL HEALTH



DATE & TIME:

THE REASON:

THE SYMPTOMS:

DATE & TIME:

THE REASON:

THE SYMPTOMS:

DATE & TIME:

THE REASON:

THE SYMPTOMS:

DATE & TIME:

THE REASON:

THE SYMPTOMS:

DATE & TIME:

THE REASON:

THE SYMPTOMS:

DATE & TIME:

THE REASON:

THE SYMPTOMS:



SELF-CARE PLANNER



___ / ___ / ___



SELF-CARE ACTIVITIES

1. _____

2. _____

3. _____

4. _____

5. _____



MOOD



WATER BALANCE



HOURS OF SLEEP



THINGS THAT MAKE ME HAPPY TODAY

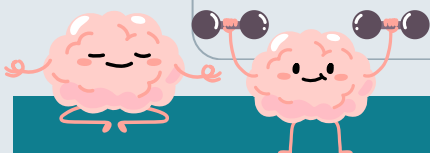
1. _____
2. _____
3. _____



DAILY NUTRIENT

BREAKFAST	LUNCH
DINNER	SNACK





SELF-CARE TRACKER



___ / ___ / ___

WATER TRACKING



MOOD:



LIST OF ACTIVITY	M	T	W	T	F	S	S

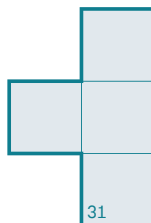


NOTES

Large empty box for writing notes.



MY EMOTIONS TRACKER



				30									
27					28							29	
22		23					24				25	26	
	17				18	19			20	21			
											16		
12						13			14				15
		7	8	9			10					11	
1		2				3		4		5		6	



Angry



Sad



Meh



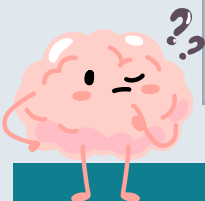
Happy



Empowered

This month I mostly feel _____

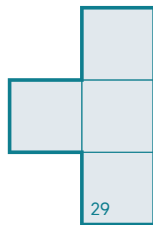
because _____



MY EMOTIONS TRACKER



					26				27				28
22				23						24		25	
	18					19			20			21	
			16						17				
12					13			14				15	
	7			8			9			10			11
1			2		3		4		5				6



Angry



Sad



Meh



Happy



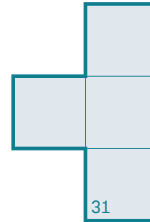
Empowered

This month I mostly feel _____

because _____



MY EMOTIONS TRACKER



				30									
27					28							29	
22		23					24				25	26	
	17				18	19			20	21			
											16		
12						13			14				15
		7	8	9			10					11	
1		2				3		4		5		6	



Angry



Sad



Meh



Happy



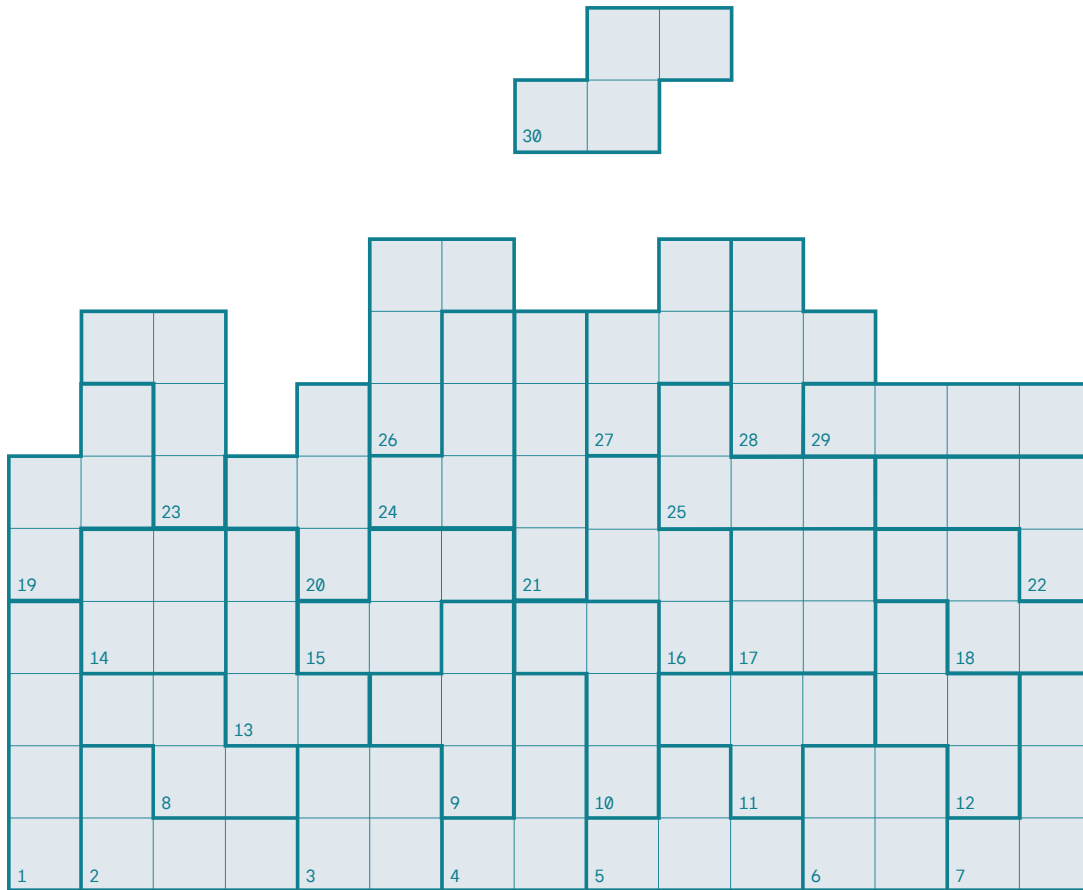
Empowered

This month I mostly feel _____

because _____



MY EMOTIONS TRACKER



Angry



Sad



Meh



Happy



Empowered

This month I mostly feel _____

because _____



MOOD TRACKER



/ /

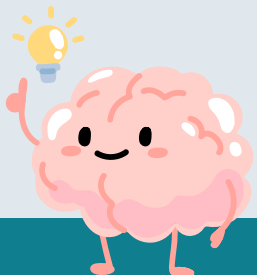
DATE

MOOD INFLUENCES

Handwriting practice lines for the DATE column, consisting of 18 rows of dashed lines. Each row begins with a pre-filled date format: / /

Handwriting practice lines for the MOOD INFLUENCES column, consisting of 18 rows of dashed lines. The background features a large, faint pink rose and several smaller colorful flowers (yellow, purple, pink) with green leaves.

NOTES



SELF-CARE PLANNER

