



# Mind4Me: Mental Health Tracker

*Wellness ideas to enhance your mental health*



## Mental Health Tracker

**Purpose:** Helps monitor mental wellness daily, reflecting on emotions, activities, and self-care practices.

## Daily Mood Log

Record your mood each day (e.g., happy, sad, anxious, calm). You can use a scale of 1-5, emojis or write a short description.

Date	Mood	Notes

## Self-Care Activities Log

Log the self-care activities you engage in each day.

Date	Activity	Duration/Notes

## Weekly Reflection

*What went well this week?*

*What challenges did I face?*

*What can I improve for next week?*

## Wellness Ideas & Strategies

**Purpose:** Incorporate these wellness strategies into your routine to enhance mental health.

### **Mindfulness Practices:**

- Meditation
- Deep Breathing
- Nature Walks

### **Physical Activities:**

- Exercise
- Yoga/Stretching
- Dance

### **Healthy Eating:**

- Balanced Diet
- Hydration
- Mindful Eating

### **Connect with Others:**

- Reach Out
- Support Group
- Social Activities

## **Additional Ideas**

- Journaling
- Creative Outlets
- Limit Screen Time

*Self-care is essential for mental health. Use this tracker and wellness ideas as your guide.*