

Anxiety Tracker Or Anxiety Journal

● NO BLEED ● 8.5X11" ● 300 DPI

ANXIETY JOURNAL

Date _____ Location _____

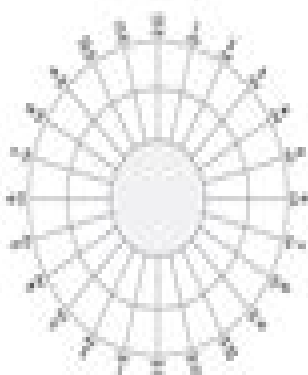
Energy	1	2	3	4	5	Daily Goals
Mood	1	2	3	4	5	
Sleep	1	2	3	4	5	

NEGATIVE EVENTS

Symptoms	Triggers

Mood Tracker

☐ Happy
☐ Sad
☐ Angry
☐ Nervous
☐ Bored
☐ Tired
☐ Other



Day Rating: ☆☆☆☆☆

Date _____ Location _____

My Triggers ☐ Home ☐ Work ☐ School ☐ Friends ☐ All ☐ Family

What usually triggers you and how can you avoid those situations?

I feel good when...	I feel good because...

Anxiety Coping Techniques	Anxiety Effectiveness

My Reaction/Thoughts	My Insights

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Today's Education ,1979 **Soft Computing and Its Engineering Applications** Kanubhai K. Patel,KC Santosh,Gabriel Gomes de Oliveira,Atul Patel,Ashish Ghosh,2025-05-17 The two volume proceedings set CCIS 2430 2431 constitutes the revised selected papers of the 6th International Conference on Soft Computing and its Engineering Applications icSoftComp 2024 held in Bangkok Thailand during December 10 12 2024 The 58 full papers and 3 short papers included in this book were carefully reviewed and selected from 501 submissions They were organized in topical sections as follows Part I Theory and Methods Part II Theory and Methods Systems and Applications Hybrid Techniques Soft Computing for Smart World *Essentials of Psychiatric Mental Health Nursing - E-Book* Elizabeth M. Varcarolis,Chyllia D Fosbre,2020-07-16 A 2017 AJN Book of the Year Award winner *Essentials of Psychiatric Mental Health Nursing A Communication Approach to Evidence Based Care* 4th Edition offers the perfect balance of essential nursing interventions and clinical content It incorporates a reader friendly style and an emphasis on therapeutic communication and evidence based practice Perfect for shorter psychiatric nursing courses this streamlined psychiatric text includes need to know information and key DSM 5 content you need to pass your course and prepare for the NCLEX A neurobiology of the brain

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