

Your Daily Mental Health Wellness Planner

Presented to you by:  **FirstAid**
RESPONDERS

Today's Plan

Date



To-Do List

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Morning Routine


Three teal cloud shapes, each containing a small square checkbox:

- Top cloud:
- Middle cloud:
- Bottom cloud:

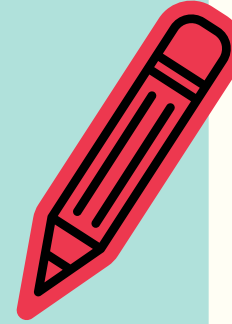
Today's Meals

Three overlapping orange circles representing meals:

- Top circle: Breakfast
- Right circle: Lunch
- Bottom circle: Dinner

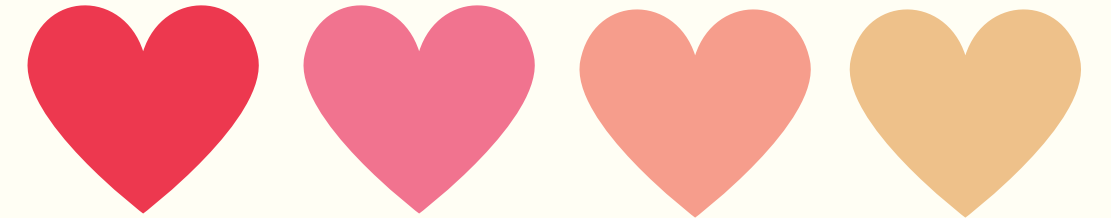


Me-Time at The End of The Day



How are you feeling today?

Pleased Good Neutral Bad



What made your day pleasant?

What made your day unpleasant?

Describe all the feelings you felt today



Plans and steps to Increase good feelings



Plans and steps to overcome bad feelings



Count all the things you are thankful for today

