

Your Daily Mental Health Wellness Planner

Presented to you by:  **FirstAid**
RESPONDERS

Today's Plan

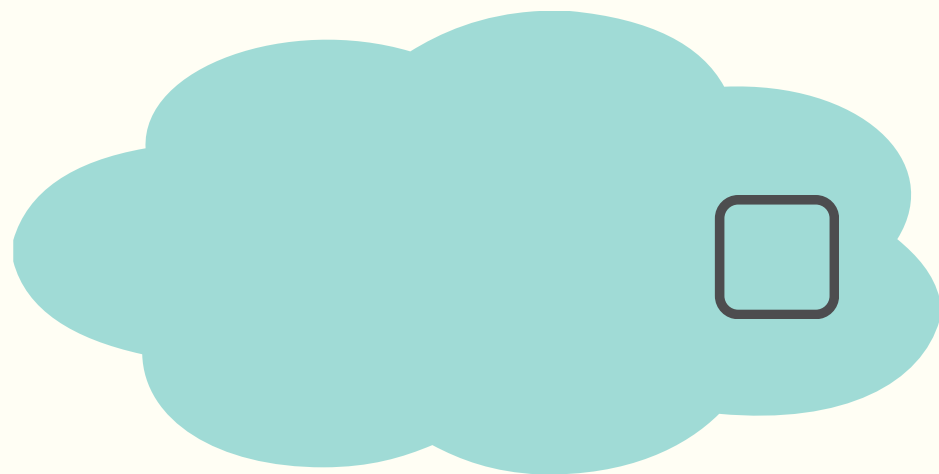
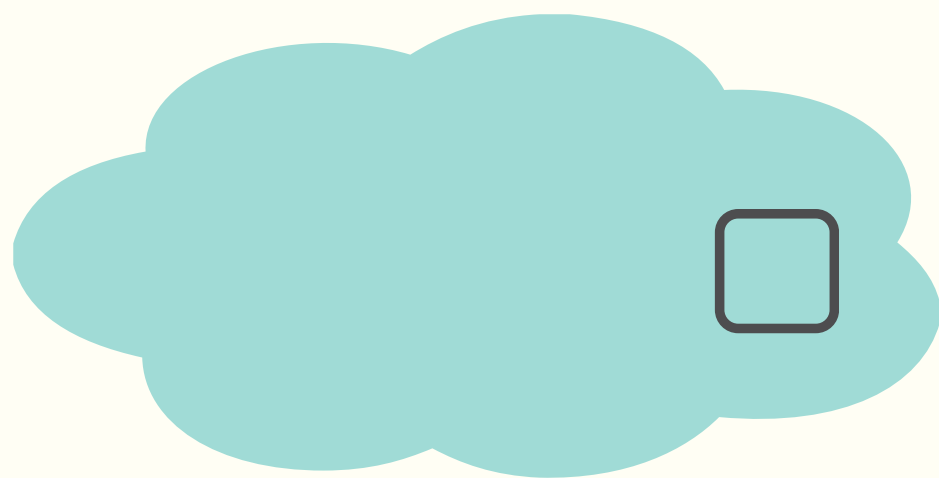
Date

To-Do List



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

Morning Routine



Today's Meals

Breakfast

Lunch

Dinner



Me-Time at The End of The Day



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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

Empty rounded rectangular box for writing feelings.

Plans and steps to overcome bad feelings

Empty rounded rectangular box for writing plans to overcome bad feelings.

Plans and steps to Increase good feelings

Empty rounded rectangular box for writing plans to increase good feelings.

Count all the things you are thankful for today

Empty rounded rectangular box for writing things to be thankful for.