WHAT ARE ANXIETY TRIGGERS?

Date

Sometimes, if or when we seek professional help, it can be good to have a record of what we've been feeling. Use this daily tracker below whenever you want to document how you're feeling and thinking.

How I feel in general today	How I feel about myself today
How I felt this morning	How I felt this evening
Today's thoughts	







FORCES

CHILDREN

SCOTLAND

Scottish Charity Number SC038722