

PHYSICAL SYMPTOMS AND FEELINGS TRACKER

Your mental and physical health are strongly linked and stress can affect symptoms related to any chronic conditions that you may be living with. This worksheet will help you to track your physical symptoms as well as emotions and situations you experience each day. Seeing these things side by side may help you to notice patterns and find triggers to avoid in the future.

	PHYSICAL SYMPTOMS OF MY HEALTH CONDITION	EMOTIONS I FELT AND WHY I FELT THAT WAY
SUN		
MON		
TUES		
WED		
THUR		
FRI		
SAT		

ARE THERE PATTERNS OF PHYSICAL SYMPTOMS WHEN YOU FEEL A CERTAIN WAY OR ARE IN A CERTAIN SITUATION? Example: I have digestive issues after each stressful argument with my partner.

1. _____
2. _____
3. _____

WHAT CAN YOU DO TO TRY AND CHANGE THE FEELINGS OR SITUATIONS THAT CREATE YOUR PHYSICAL SYMPTOMS? Example: Instead of continuing to argue with my partner, I will step outside and call a supportive friend.

1. _____
2. _____
3. _____