Feelings Diary

For one whole week, you are going to record a feeling that you have felt each day. In the diary, try to show the situation you were in that made you feel this way and how it affected your actions.

Monday

Tuesday

Wednesday

Thursday

ink saving Eco

Feelings Diary Template

Lingjun Ying

Feelings Diary Template:

Feelings in Sport Montse Ruiz,Claudio Robazza,2020-09-17 Feeling states including emotional experiences are pervasive to human functioning Feeling states deeply influence the individual s effort attention decision making memory behavioural responses and interpersonal interactions The sporting environment offers an ideal setting for the development of research questions and applied interventions to improve the well being and well functioning of the people involved This ground breaking book is the first to offer cutting edge knowledge about contemporary theoretical methodological and applied issues with the contributions of leading researchers and practitioners in the field Feeling states in sports are comprehensively covered by adopting an international and multi disciplinary perspective Part I covers most relevant conceptual frameworks including emotion centred and action centred approaches challenge and threat evaluations an evolutionary approach to emotions and the role of passion in the experience of emotion Part II focuses on interpersonal aspects related to emotions and regulation encompassing social and interpersonal emotion influence and regulation social identity and group based emotions and performance experiences in teams Part III presents applied indications surrounding emotional intelligence training and emotional regulation strategies including imagery self talk the use of music mindfulness motor skills execution under pressure self regulation in endurance sports and the use of technology Finally Part IV examines issues related to athlete well being including the role of emotions in sport injury emotional eating and mental recovery Feelings in Sport Theory Research and Practical Implications for Performance and Well being is an essential source for sport psychology practitioners researchers sports coaches undergraduate and postgraduate students **Educating and Supporting Girls with Asperger's and Autism** Victoria Honeybourne,2017-07-05 This resource is designed to support education and health professionals to better understand how autism including Asperger s syndrome can present in girls explaining the various difficulties and disadvantages that girls on the autism spectrum can face in educational settings As well as providing background information and theory the resource offers practical strategies for working with girls with autism spectrum conditions The resource contains a broad range of worksheets and activities on key issues self awareness preparing for school life learning wider school life preparing for employment and preparing for further study Key Features illustrated throughout with real life quotes and case studies guidance on best practice when working with girls with autism spectrum conditions activities and resources for young females on the autism spectrum to support them in developing self awareness coping strategies and learning skills *Journal Your Way to Riches* Callisto Momesso,2025-05-04 Imagine Creating a Meaningful Income Doing Something You Love This Book Shows You How with AI Powered Journals What if you could build a source of income that not only supports you financially but also allows you to express your creativity and genuinely help others on their journey of self discovery Imagine waking up to sales notifications for beautiful journals you created journals that guide people towards gratitude self care and achieving their dreams This isn t a far fetched fantasy it s the achievable

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Emotion name rate on a scale of 1 10 What was my body feeling like Impulsive behaviors and actions this emotion caused me to take Consequences of that behavior Suggestions What could I have done differently Educating and Supporting Autistic Girls Victoria Honeybourne,2023-10-30 Autistic girls especially those educated in mainstream environments have often been missed or misdiagnosed There is now however greater awareness of how autism can present in females why these girls can remain invisible and what education and health professionals can do to provide better support Fully revised and updated this practical book shines a light on the insights opinions and experiences of autistic girls and women providing a rich insight into school life from an autistic perspective It explores the difficulties and disadvantages that autistic girls can face in educational settings and offers guidance on how to best support them with a wealth of strategies reflecting good practice in the field of autism and education The resource also contains a broad range of worksheets and activities on key issues and includes new sections on anxiety masking home life social media gender and sexual identity Key features include A wealth of case studies to illustrate different topics Guidance on best practice when working with autistic girls New audits to help staff and pupils to identify strengths and areas to improve Easy to implement strategies and tips to help professionals adapt to environments and policies for autistic students Activities and resources for young autistic females to support them in developing self awareness coping strategies and learning skills With the voices of autistic girls and young women woven throughout drawing upon their experiences of education from learning and communication to friendships transitions and interpreting the world this is an essential resource for education and health professionals working with autistic girls particularly in mainstream environments **Emotional Diary** Happy Recovery,Happy Sobriety,2020-02-13 One way to develop emotional awareness is to record our feelings in a diary Writing and thinking about what we are feeling has a cathartic effect and helps restore feelings of peace again This is fundamental for managing our emotions This journal will help you to become more aware of your own feelings day by day You can review the Emotional diary each day and see what patterns you begin to notice Emotions Vocabulary Word List included How To Keep a Mood Journal Keep your journal daily even if you only write down a word Make it easy Write whatever feels right Develop a regular habit of mood tracking by using this template Situation Who When Where What was going on Internal thoughts at the time Emotion name rate on a scale of 1 10 What was my body feeling like Impulsive behaviors and actions this emotion caused me to take Consequences of that behavior Suggestions What could I have done differently Emotional Diary Happy Recovery,Happy Sobriety,2020-02-14 One way to develop emotional awareness is to record our feelings in a diary Writing and thinking about what we are feeling has a cathartic effect and helps restore feelings of peace again This is fundamental for managing our emotions This Emotions Tracking Diary journal will help you to become more aware of your own feelings day by day You can review the Emotional diary each day and see what patterns you begin to notice Emotions Vocabulary Word List included How To Keep a Mood Journal Keep your journal daily even if you only write down a word Make it easy Write whatever feels right Develop a regular habit of mood tracking by using

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example Anxiety Autism Adhd or Depression All children can benefit from having a daily journal that they will be able to look back on in future and remember some of the things that we so often forget **Stone & Webster Journal** ,1925

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