The Pixel Project

Take a minute out of each day to log how you were feeling by filling in the date with the color of your choice. Tracking mental health can help you stay in tune with your feelings and emotions. It will increase your mindfulness and might make it easier to pinpoint any concerns.

angry   frustrated annoyed   anxious grumpy

average   normal uneventful

sick   tired   lazy lethargic   unmotivated exhausted

productive   alive active   energetic motivated   focused

sad   lonely   depressed insecure   down   numb

unsure disassociated

joyful   happy   fulfilled content   satisfied

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