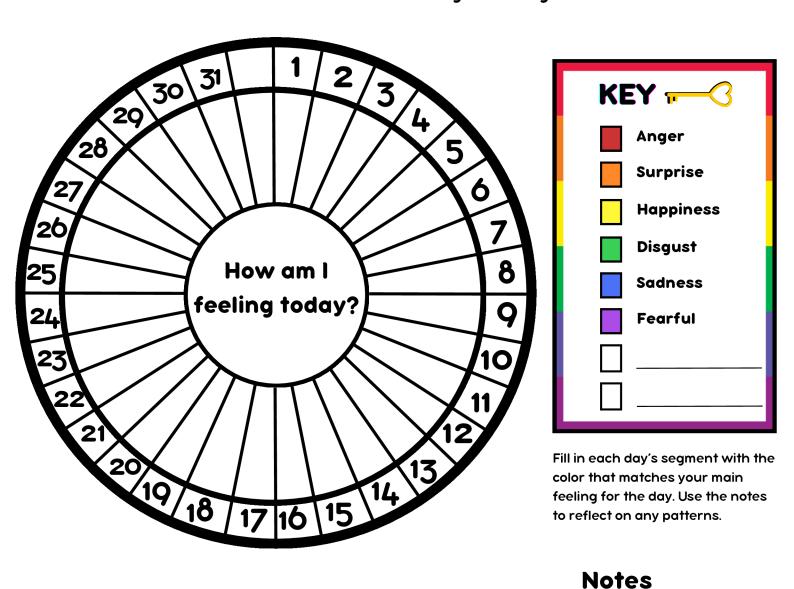


Mood Tracker: Track Your BIG Feelings Throughout the Month



Whether or not you "should" feel something doesn't matter. You are still feeling it. Acknowledge and identify the feeling, understand the trigger, and employ your coping tools to work through it.

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