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"COVID 19 Oct/Nov Mood Trackers"

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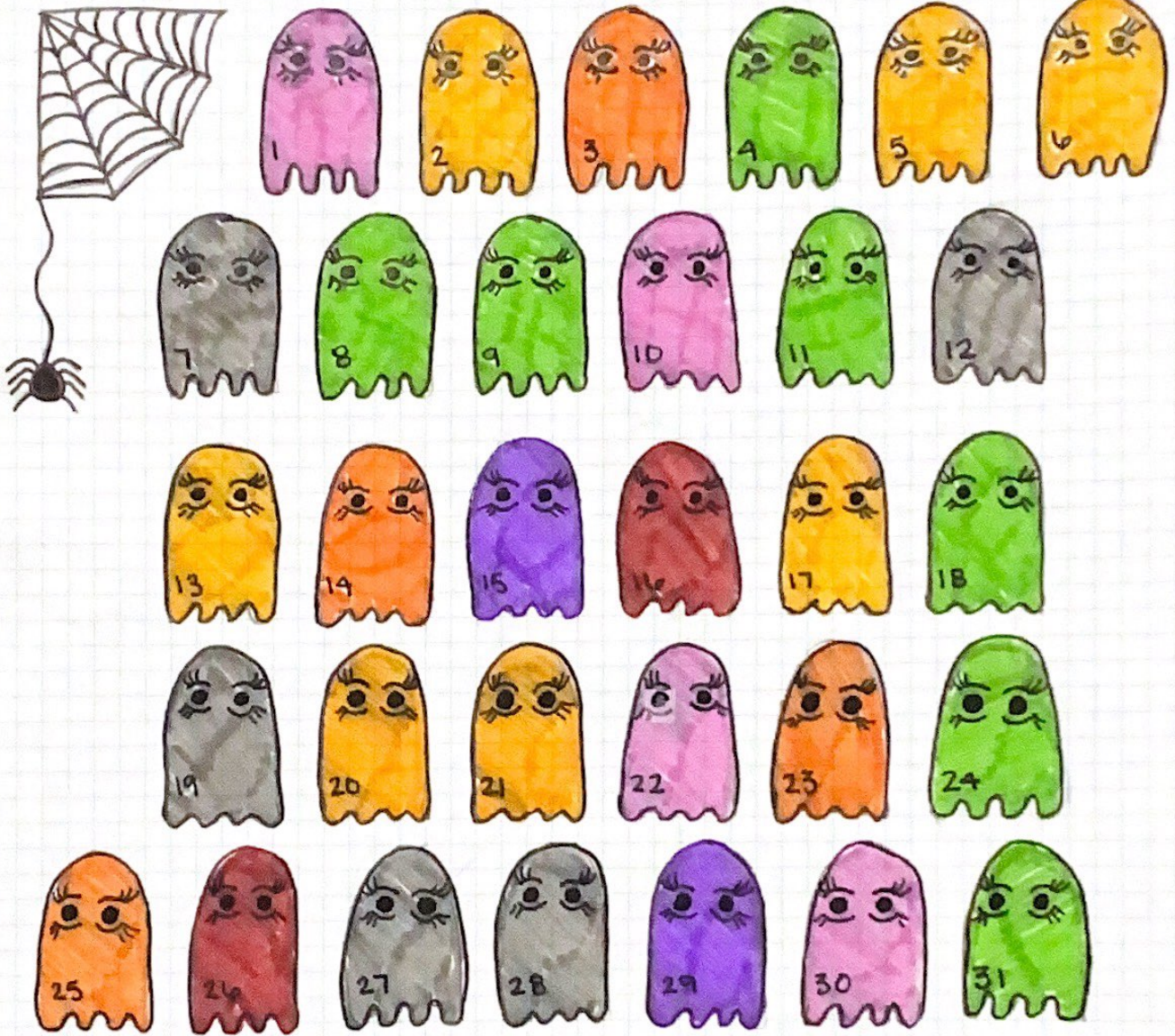
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OCTOBER

MOOD TRACKER



KEY:



neutral



content/happy



grateful/blessed



overwhelmed / stressed



frustrated / irritated



exhausted



sad

NOVEMBER MOOD TRACKER



KEY:



Neutral



Content/happy



Grateful/blessed



Irritated/mad



Overwhelmed/
Stressed



Sad