

Daily Check-ins

So, now you've started noticing that sack of meat just below your pounding skull and what's going on inside. Good job!
Next, let's start trying to figure out the "but, why" piece of the puzzle. As in, gathering more data to make good decisions down the road.
Let's document everything we're doing in between our anxiety checks to look for noxious behaviors or stimuli that cause rapid energy changes.

- Step one: Identify the transition points in your day. Notice each time you move from one state of being/doing to another.
EX: wake up, go to work, arrive at work, come home, wind down. The more experiences, the better your data set.
- Step two: Take 2 minutes to note your recent activities and thoughts. Think back: what have you been doing and thinking?
EX: penned email, chatted with cubicle mate, drank coffee, thought about project deadlines and grocery list
- Step three: Start making some observations about your activities and your energy levels. How might one be impacting the other?
EX: How did you feel before, after, during? Any intrusive thoughts? Were there any rapid emotional/cognitive changes?
- Step four: Examine with Questions. Then, do yourself a goddamn favor, and try to redirect your energy into a better place before you move on with your day.

EXAMPLE

Transitions:	Recent Activities	Recent Thoughts	Mental/Physical Changes	Critical Examinations	End Score
Waking up	open email, look at weather, check Insta, check FB, fall back asleep, check Insta again	boss is mad at me, I'm mad at me, today looks shitty, everyone else looks happy - wish I could do that, I wish I had nice things	Exhausted immediately, resentful, scared, full of dread, anxiety increases, motivation decreases	Did things improve/devolve? Why? Did mood, energy, or dialogue change? How? Can you fix your energy before moving on? How?	4
Leave for work	make coffee, spill coffee, feed dog, dig through dirty clothes, wash face & makeup, lose keys, leave without coffee mug	I'm an idiot, everything is filthy, I need more time, I'm going to be late, I'm fucking everything up	Anxiety is off the charts, hypertensive, wish I could stay home, depression wave	Devolved - too much of a rush Changed for the worse - stressed out Taking a breath, trying to drive safely	8
Arrive at work	hit traffic, sit still for half an hour, check Insta, change podcast 4 times, flip off asshole driver, break nail, answer emails, call doctor	ANNOYED, I'm going to be late, my ex looks great, my coworkers are pissed, I always fuck up, I wish I had coffee	Filled with rage and restlessness, feeling hopeless, anxious, ready to give up	Devolved - traffic and negative thoughts Negatively - feeling even less control Pausing & gathering my thoughts	9.5
Morning mtg	rushed to desk, checked email, surprise work thrown at me, snarky conversation w boss, got shitty coffee, spilled coffee again	I hate this desk, I hate this job, everything I do is wrong, I can never get ahead, this coffee blows..I'm such a clumsy asshole	Feeling destitute, alone, and enraged... but also, "over it." I've reached my limit, no point in trying, nothing matters. Depressive dose.	Improved? Mostly just depressive energy taking over, balancing out the anxiety. Taking a breather before speaking up.	7

Your turn, Fuck!

Date:	Recent Activities	Recent Thoughts	Mental/Physical Changes	Critical Examinations	End Score

Step five: Repeat for several days - hell, give it a few weeks - capturing both similar and varying activities based on your daily life and obligations. The more data, the BETTER!

Final outcomes: Start piecing together edges of your puzzle. Understand how your daily activities flow together, impact your mental health, and change your inner dialogue.
Get educated about what you do at what times of day. Begin identifying trends in daily energy levels. Increase brain-body-environment connection.

