

MONTH:



- ☐ I am doing really great!
- ☐ I am doing pretty good!
- ☐ I am doing OK.
- ☐ I am having a hard time.
- ☐ I am overwhelmed.

MILITARY KID MOOD GUIDE



Now that you have tracked your emotions over time, look back over your month and process your feelings with this guide.

MONTH:

☐ **I AM DOING REALLY GREAT!**

- Meeting new people and starting at my new school feels comfortable.
- I feel connected to people.
- I can talk openly with people about how I am doing.

☐ **I AM DOING PRETTY GOOD!**

- Meeting new people and starting at my new school feels manageable.
- I feel connected to someone.
- I know how to ask for help if I need it.

☐ **I AM DOING OK.**

- I am feeling a little lost or stressed about the changes.
- I know someone I can talk to.
- I might need to share how I'm feeling with someone. It would be helpful to talk to: _____.

☐ **I AM HAVING A HARD TIME.**

- I feel like starting at a new school and fitting in is too hard.
- I am feeling lonely or unsure about my relationships.
- I need to ask for help. It would feel helpful to talk to _____ about this.
Talking with _____ would help me remember that it can get better.
- I can use this script if I feel unsure how to ask for help: "I am having a hard time. I am feeling _____.
I need some help. Can we talk about it now?"

☐ **I AM OVERWHELMED.**

- I am feeling emotions like sadness, anger, or loneliness most of the time.
- Everything feels hard and like I can't be successful or adjust.
- I need to ask for help now.
- I can reach out to _____.
- I can use this script if I feel unsure how to ask for help: "I am having a hard time. I am feeling _____.
I need some help. Can we talk about it now?"
- If I cannot think of anyone, I can use these resources:
<https://www.mentalhealth.gov/talk/young-people>
<https://suicidepreventionlifeline.org/help-yourself/youth>
Call 1-800-273-8255