



# Pocket Emotion Diary

*A quick guide on skills that help name  
and manage emotions.*



*Monday*

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*Tuesday*

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*Wednesday*

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*Thursday*

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*Friday*

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*Saturday*

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*Sunday*

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**Meet one of our counselors  
who uses the Emotion Wheel:**



***Shannon Howard***

# Remember:

*Emotions are not the problem; it's how you respond to them. Naming your emotions is the first step to taming them so you can focus on achieving your life goals.*



*Scan to learn more or  
to get in touch with  
more support call:  
(605)519-5850*