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## Mental Health Journal

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Entry Name	Energy Level	Anxiety Level	Stress Level	Happiness Level	Depression Level	My Day In 2 Words
Friday, Feb 14	3 / 5 energy	1 / 5 anxiety	3 / 5 stress	4 / 5 happiness	0 / 5 depression	Distracted Assertive
Thursday, Feb 13	4 / 5 energy	1 / 5 anxiety	2 / 5 stress	4 / 5 happiness	0 / 5 depression	Productive Accomplished
Wednesday, Feb 12	3 / 5 energy	2 / 5 anxiety	4 / 5 stress	3 / 5 happiness	0 / 5 depression	Inspired Overwhelmed
Tuesday, Feb 11	5 / 5 energy	0 / 5 anxiety	1 / 5 stress	5 / 5 happiness	0 / 5 depression	Productive Accomplished

+ New

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