project reassure

Self-Advocates

Why is Tracking Important?

You may feel different ways in your body because of what you experience, your thoughts, and your feelings.

Some things give you good feelings in your body and mind.

Some things may make your body and mind feel bad.

Sometimes, your body and mind feel the same as usual.

When you track how your body and mind feel, you can pay attention to when those feelings are bad.

Bad feelings may be telling you that you are moving to the edge or even outside of your Resilient or OK zone. You can then use your resilience skills to help you stay in your Resilient or OK zone. Feelings that are usual or good let you know that you are in your Resilient or OK zone.

You can choose what to pay attention to in your body when you learn the difference between good and bad feelings.

Paying attention to good feelings in your body may help you stay in your Resilient or OK zone and feel better.

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