

# Diagnostic Assessment

TACMOBILITY | ALEXIS UNSER, MS, LMFT

My general mood lately has been:



Irritated



Sleepy



Numb



Angry



Depressed



Annoyed



Sad



Happy



Skeptical



Surprised



Funny



Anxious

Examples of general mood:

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List any significant events that contribute to these feelings:

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What is contributing to my stress?

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Which recovery method can you implement (or use your own):

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## **Regulating Recovery Methods:**

Focused breathing (box breathing, tactical, guided)

Sunshine

Progressive muscle relaxation

5-4-3-2-1 (sight, touch, hear, smell, taste)

Physical contact

Counseling

Hydrate

Massage

Chiropractor

## **Stimulating Recovery Methods:**

Workout

5 minute walk

Talking to a trustworthy friend

Listen to feel-good music

Hobby (ex: cooking, painting, playing music, woodworking)

Listen to feel-good music



