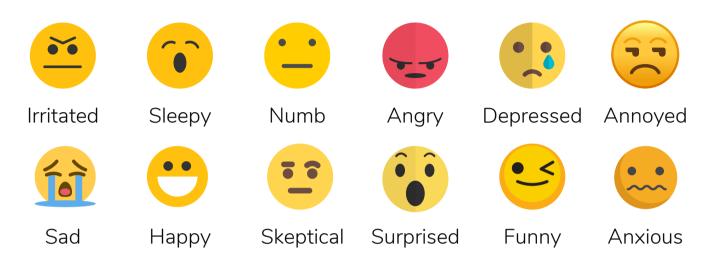
Diagnostic Assessment

TACMOBILITY | ALEXIS UNSER, MS, LMFT

My general mood lately has been:



Examples of general mood:

List any significant events that contribute to these feelings:

What is contributing to my stress?

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



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



