

FYNIX PROJECT

Emotional Regulation Journal And Emotion Tracker

Rise Through Lived Experience - Practical Tools, Real Healing

Welcome to Your 8-Week Emotional Renewal Journey

Emotional Regulation and Emotion Tracker

Rise Through Lived Experience – Practical Tools, Real Healing

This journal is your gentle guide to building emotional awareness and resilience over 8 weeks. Inspired by cognitive behavioural therapy (CBT), somatic practices, and mindfulness, it combines daily tracking, weekly pattern-spotting, and a celebratory final review to help you transform challenges into strength - like the phoenix rising renewed.

Whether navigating stress, healing from difficulties, or seeking deeper self-understanding, small consistent entries create meaningful change. Spend 5–10 minutes daily with honesty and kindness - no judgment, just progress. You're taking brave steps toward real healing. Keep rising.



How to Use This 8-Week Journal

This journal follows a supportive CBT-inspired structure: daily entries for building awareness, weekly reviews for spotting patterns, and a final 8-week reflection for celebrating growth. Consistency compounds—like gathering strength before rising. Be compassionate with yourself; progress isn't always linear.

Daily Entries (5–10 minutes each day) Use these pages to check in honestly and notice your emotional landscape.

- **Date:** Fill in the day's date.
- **Overall Mood:** Describe your general feeling in a few words (e.g., "Calm but tired" or "Overwhelmed yet hopeful").
- **Mood Rating:** Check the coloured emoji box that best matches (red 😞 Very Low to green 😊 Very High).
- **Dominant Emotions:** Refer to the Emotion Wheel pages - list 2–4 specific feelings that stand out (e.g., frustrated, peaceful, lonely).
- **Triggers and Events:** Note what influenced your mood (positive or challenging, e.g., work deadline, kind message from a friend).
- **Physical Sensations:** Describe body responses (e.g., tight chest, heavy shoulders) and mark locations on the body chart.
- **Coping Strategies Used:** List what you tried (reference the Coping Strategies pages for ideas, e.g., box breathing or short walk).
- **What Worked Well?:** Reflect on effectiveness (e.g., "Breathing calmed me quickly").
- **What Could Improve?:** Note tweaks for next time (e.g., "Try earlier in the day").
- **Gratitude Note:** Jot 1–3 things you're thankful for, no matter how small.

How to Use This 8-Week Journal

Weekly Reviews (15–20 minutes, at the end of each week)

Look back over your 7 daily entries to uncover patterns and plan ahead.

- **Overall Mood & Rating:** Summarize the week's average feeling and check a mood emoji.
- **Summary of the Week:** Describe highs, lows, general flow, and what stood out emotionally.
- **Mood Trends and Patterns:** Note repeating emotions, triggers, or physical sensations.
- **Physical Body Insights:** Mark common areas on the larger chart and reflect on connections.
- **Effective Coping Strategies:** List 3–5 that helped most this week.
- **Gratitude Highlights:** 3–5 standout moments.
- **Goals and Intentions for Next Week:** Set 3 actionable steps (e.g., "Practice grounding daily" or "Reach out to a friend twice").

How to Use This 8-Week Journal

Final 8-Week Renewal Review (30–45 minutes, after Week 8)
This is your celebration space—honor the full journey and rise forward stronger.

- **Plot your weekly mood averages:** On the trend Plot your weekly move averages on the graph and describe the overall arc (starting point, turning points, surprises).
- **Reflect on key patterns:** Common triggers, emotion shifts, body insights, and biggest "aha" moments.
- **Review your coping toolkit:** Top strategies, ones to explore more, and changes in your relationship with emotions.
- Celebrate gratitude, wins, rediscovered strengths, and write a kind self-compassion message (or draw your renewed phoenix).
- Set 3–5 intentions for continued renewal beyond the journal.

If emotions ever feel overwhelming, turn to the Crisis Support Resources pages - you're not alone, and reaching out is strength.

Emotion Wheel: Building Awareness for Renewal

The Emotion Wheel (also known as the Feelings Wheel) is a powerful visual tool to help you expand your emotional vocabulary and pinpoint exactly what you're feeling. At its core are six to eight basic emotions—such as happy, sad, angry, fearful, surprised, disgusted, bad, or calm - with layers radiating outward to more nuanced words (e.g., "happy" might branch into joyful, peaceful, content, or proud; "angry" into frustrated, irritated, annoyed, or enraged). This structure, inspired by models like Dr. Gloria Willcox's Feelings Wheel or Robert Plutchik's Wheel of Emotions, reflects how emotions can vary in intensity and blend together.

Why include this in your emotional regulation journey? Accurately naming emotions is a foundational step in regulation. Research in psychology shows that people with greater "emotional granularity"—the ability to distinguish subtle differences in feelings—experience better mental health outcomes, reduced stress, and more effective coping. When you precisely identify what you're feeling, it becomes easier to connect it to triggers, notice physical sensations in your body, and choose targeted strategies to shift or soothe it. In the Fynix Project spirit of rising renewed, naming your emotions transforms vague discomfort into understandable signals, empowering you to heal and grow stronger.

How to Use the Emotion Wheel in This Journal:

When filling out the "Dominant Emotions" section each day, glance at the wheel. Start with the core emotion that resonates most, then move outward to more specific terms that capture the nuance. You might feel multiple emotions at once - that's normal! List 2-4 that stand out. For example, a general "bad" mood could reveal itself as "disappointed" and "lonely," guiding you toward more compassionate coping (like reaching out to a friend) and deeper weekly insights. Over time, you'll notice patterns and celebrate your progress - like a phoenix rising with clearer wings. Feel free to circle or highlight words on the wheel as you go - make it your own. If emotions ever feel overwhelming, remember this is a gentle tool for awareness, not judgment. You're taking brave steps toward real healing.

Coping Strategies: Tools for Rising Renewed

Having a variety of coping strategies at your fingertips can make a big difference, especially on challenging days when it's hard to think clearly. This list draws from evidence-based approaches like mindfulness, cognitive behavioral techniques, somatic practices, and self-compassion - proven to help regulate emotions, reduce stress, and build resilience. Not every strategy works for everyone or every situation, so experiment kindly. The goal isn't perfection; it's progress. Like the phoenix, each small step helps you rise stronger, turning emotional heat into renewed strength. Choose strategies that feel accessible in the moment. Start with one or two, notice how your body and mind respond, and reflect in your daily "Coping Strategies" section. Over time, you'll discover your personal toolkit.

Breathing & Mindfulness Techniques

Box Breathing

Inhale for 4 counts, hold for 4, exhale for 4, hold for 4. Calms the nervous system quickly.

4-7-8 Breathing:

Inhale for 4, hold for 7, exhale for 8. Great for anxiety or sleep prep.

5-4-3-2-1 Grounding:

Name 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste. Brings you back to the present.

Body Scan:

Mentally check in with each body part, noticing and softening tension.

Physical Movement & Somatic Release

Short Walk or Stretch

Even 5-10 minutes outdoors or gentle yoga shifts energy.

Progressive Muscle Relaxation:

Tense and release muscle groups one by one.

Coping Strategies: Tools for Rising Renewed

Shake It Out:

Literally shake arms, legs, or whole body like animals do to release stress

Cold Water Splash:

Face or wrists under cold water to reset overwhelming feelings.

Cognitive & Reframing Tools

Thought Challenging

Ask: "Is this thought 100% true? What's evidence for/against it?"

Positive Reframe:

Find one small silver lining (e.g., "This is hard, but I'm learning").

Self-Compassion Break:

Place hand on heart and say: "This is tough. I'm not alone. May I be kind to myself."

Journal Prompt:

Write: "What would I tell a friend feeling this way?"

Social & Connection Strategies

Reach Out:

Text or call a trusted friend/family member - just to share or distract.

Pet Time:

Cuddle or play with an animal if you have one.

Support Reminder:

Read an encouraging message you've saved or listen to a comforting voice note.

Creative & Sensory Outlets

Listen to Music:

Uplifting playlist or calming sounds.

Doodle or Color:

Free-form drawing releases without pressure.

Coping Strategies: Tools for Rising Renewed

Aromatherapy:

Favourite scent (candle, oil, tea) to soothe senses.

Comfort Item:

Hold a soft blanket, warm drink, or comforting object.

Quick Distraction (Healthy Escapes)

Watch Something Light:

Funny video or comforting show (set a timer).

Nature Connection:

Step outside, feel grass/sun, or tend a plant.

Gratitude Shift:

List 3 specific things you're thankful for right now.

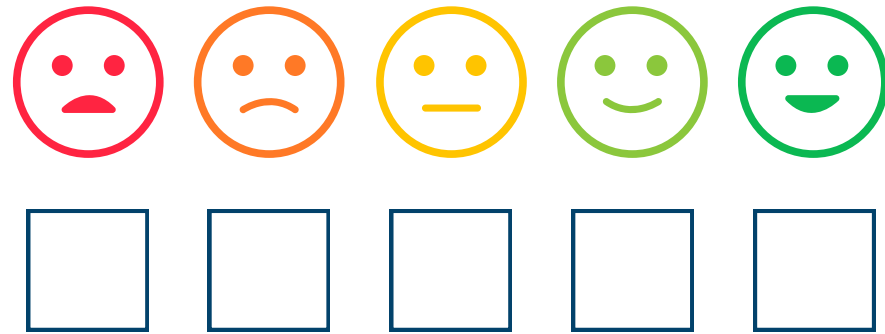
Remember: Some days, the kindest strategy is simply resting or accepting the feeling without forcing change. Track what resonates in your journal - your insights will guide future weeks. You're building real tools for real healing. Keep rising!

Day 1

Date: _____

Overall mood: _____

Mood Rating:

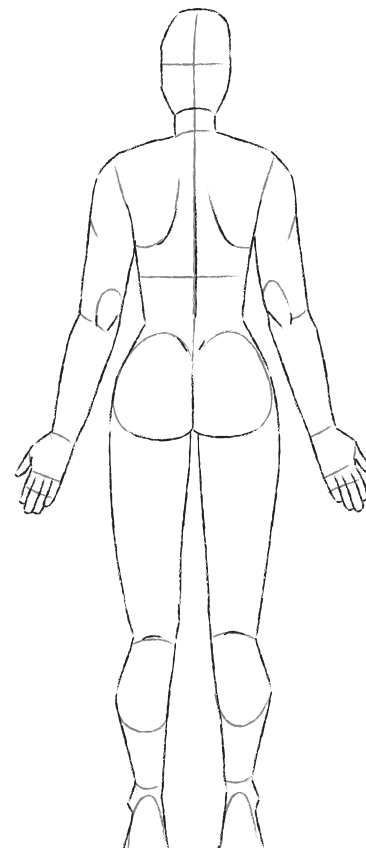
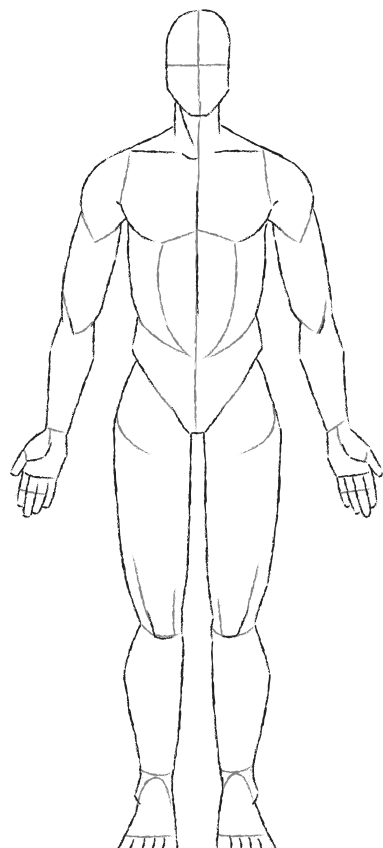


Dominant emotions:

Triggers and events:

Physical sensations:

On the chart, plot where you felt these physical sensations:



Day 1

Coping Strategies used:

What worked well?

What could improve?

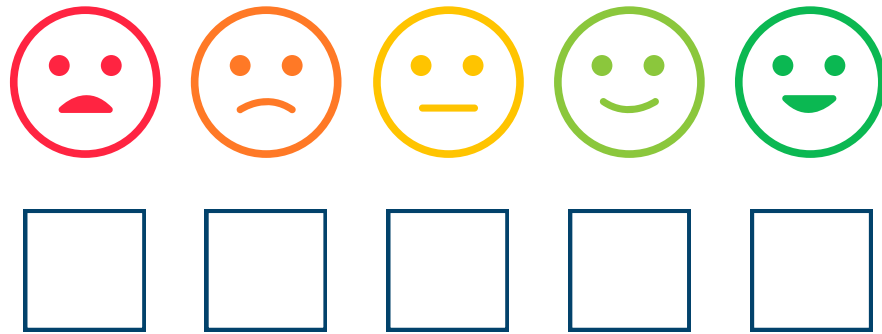
Gratitude Note:

Day 2

Date: _____

Overall mood: _____

Mood Rating:

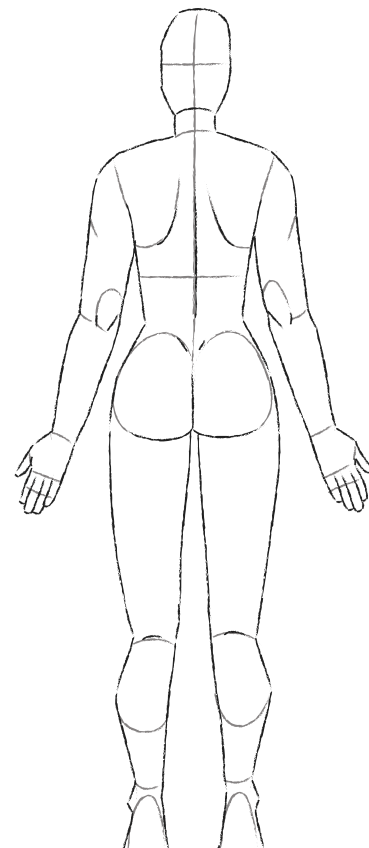
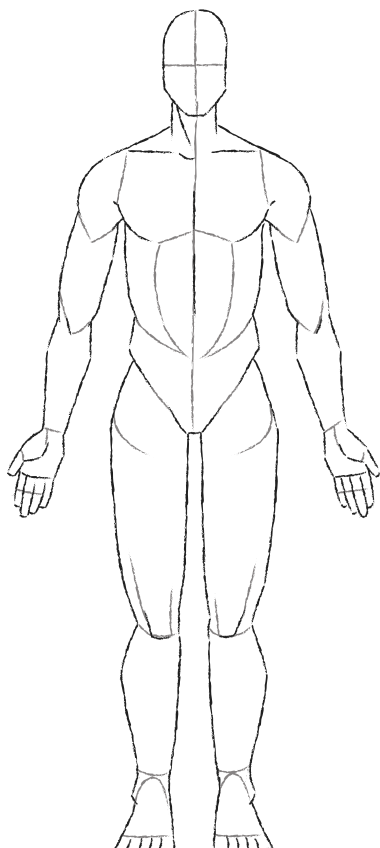


Dominant emotions:

Triggers and events:

Physical sensations:

On the chart, plot where you felt these physical sensations:



Day 2

Coping Strategies used:

What worked well?

What could improve?

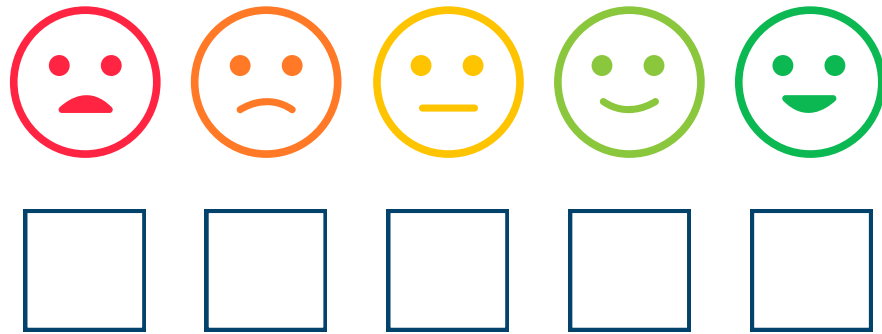
Gratitude Note:

Day 3

Date: _____

Overall mood: _____

Mood Rating:

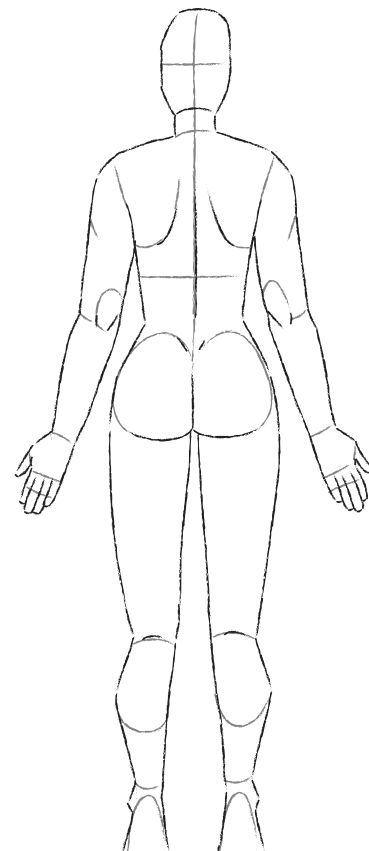
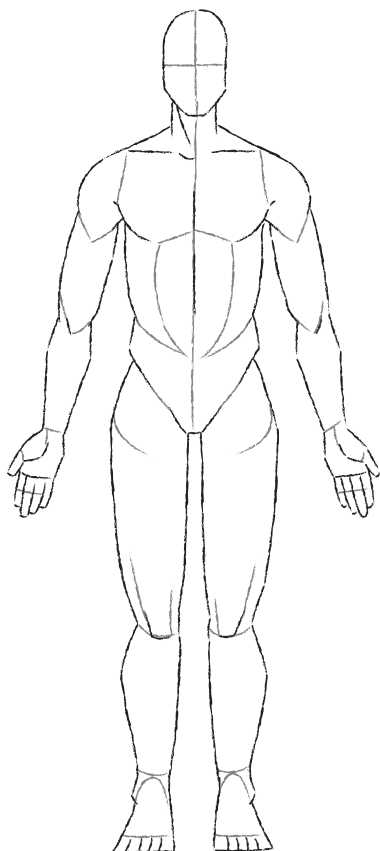


Dominant emotions:

Triggers and events:

Physical sensations:

On the chart, plot where you felt these physical sensations:



Day 3

Coping Strategies used:

What worked well?

What could improve?

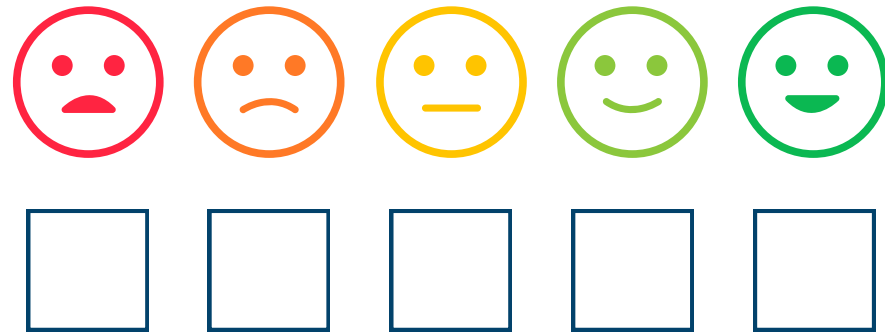
Gratitude Note:

Day 4

Date: _____

Overall mood: _____

Mood Rating:

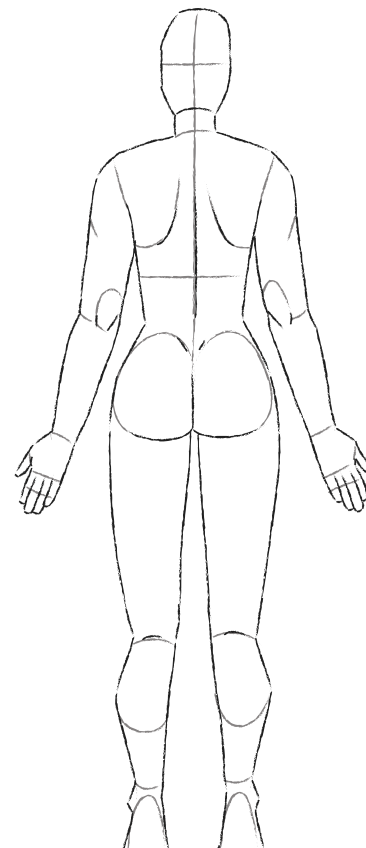
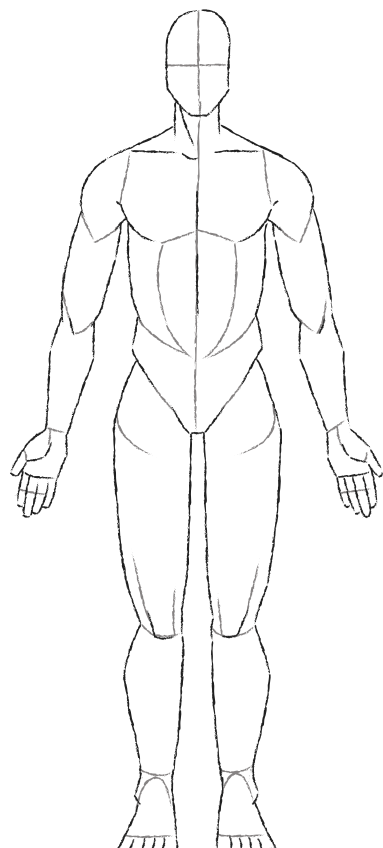


Dominant emotions:

Triggers and events:

Physical sensations:

On the chart, plot where you felt these physical sensations:



Day 4

Coping Strategies used:

What worked well?

What could improve?

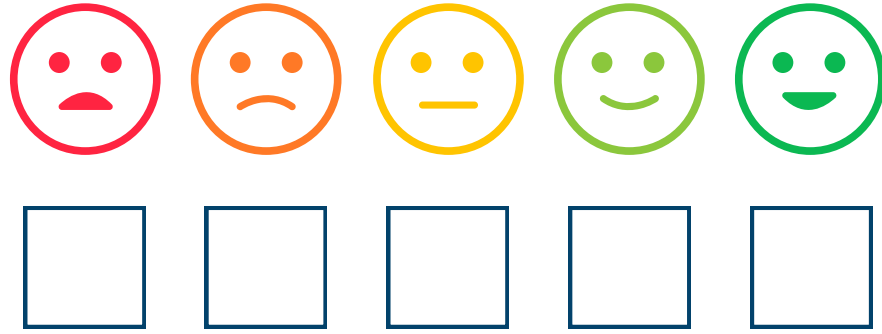
Gratitude Note:

Day 5

Date: _____

Overall mood: _____

Mood Rating:

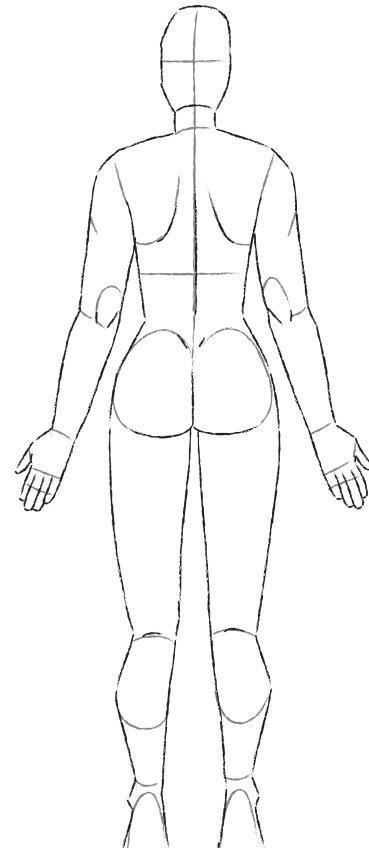
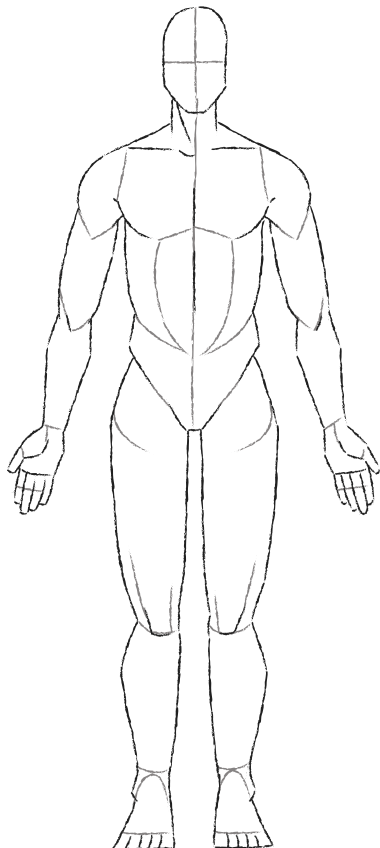


Dominant emotions:

Triggers and events:

Physical sensations:

On the chart, plot where you felt these physical sensations:



Day 5

Coping Strategies used:

What worked well?

What could improve?

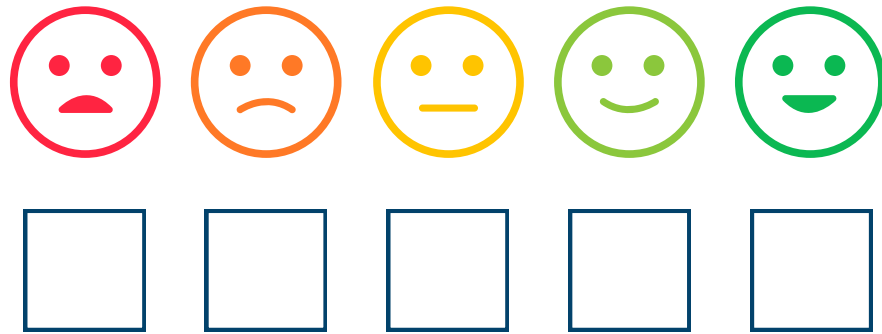
Gratitude Note:

Day 6

Date: _____

Overall mood: _____

Mood Rating:

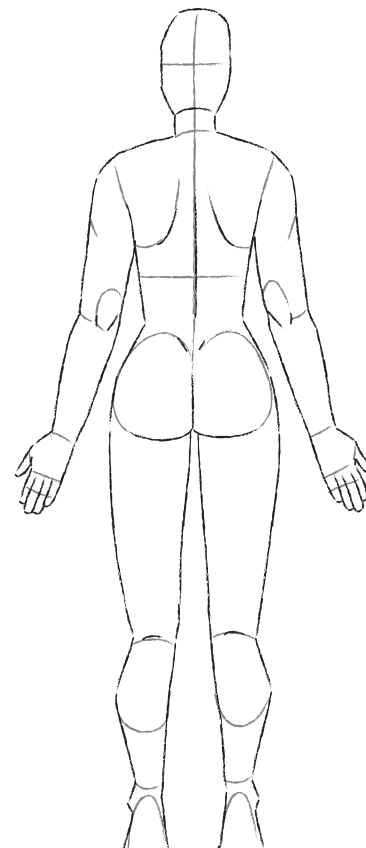
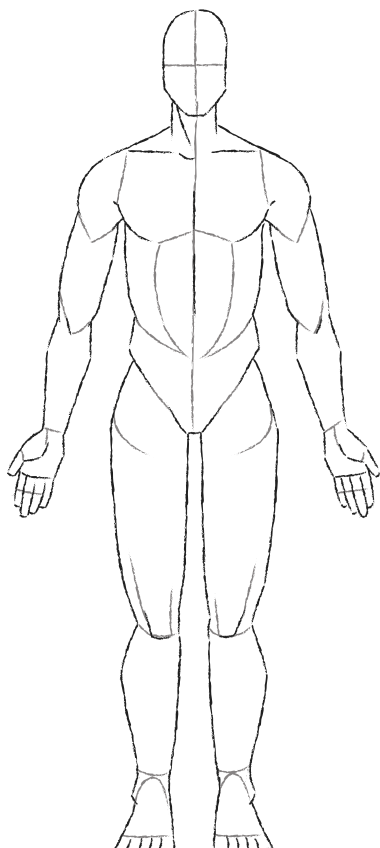


Dominant emotions:

Triggers and events:

Physical sensations:

On the chart, plot where you felt these physical sensations:



Day 6

Coping Strategies used:

What worked well?

What could improve?

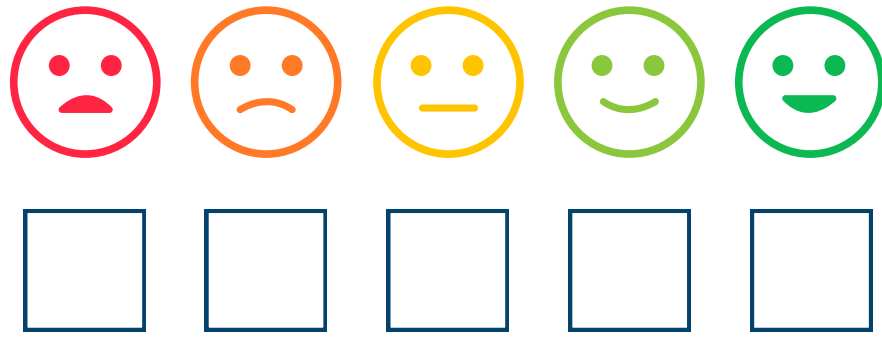
Gratitude Note:

Day 7

Date: _____

Overall mood: _____

Mood Rating:

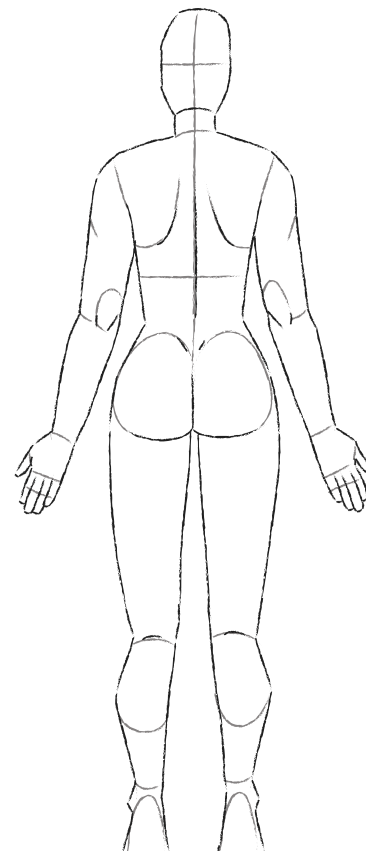
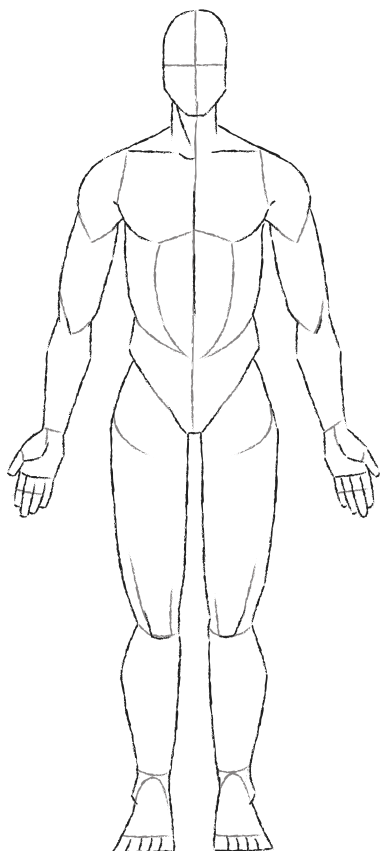


Dominant emotions:

Triggers and events:

Physical sensations:

On the chart, plot where you felt these physical sensations:



Day 7

Coping Strategies used:

What worked well?

What could improve?

Gratitude Note:

Common triggers:

1

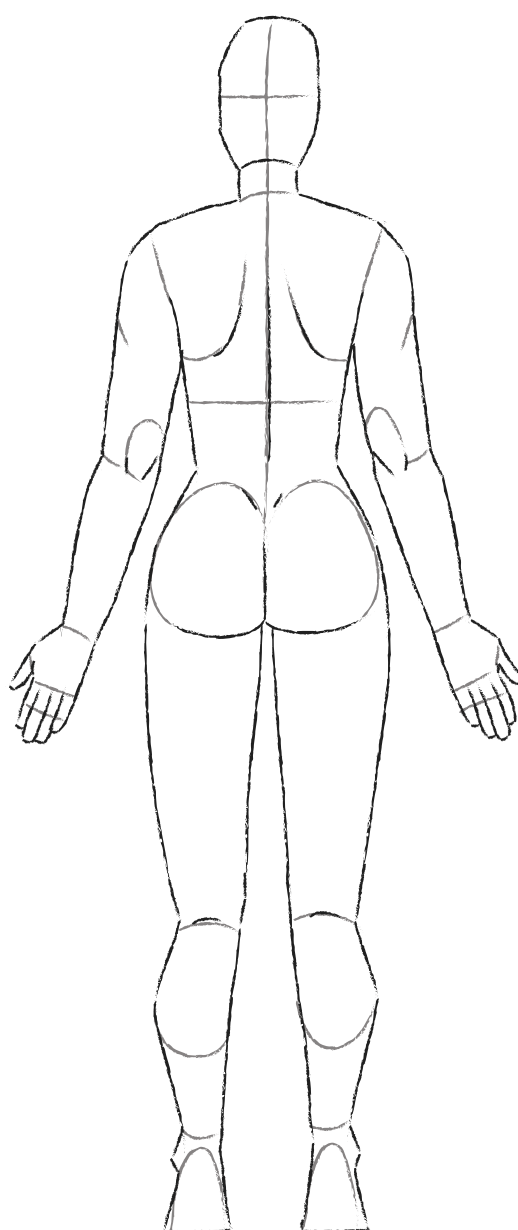
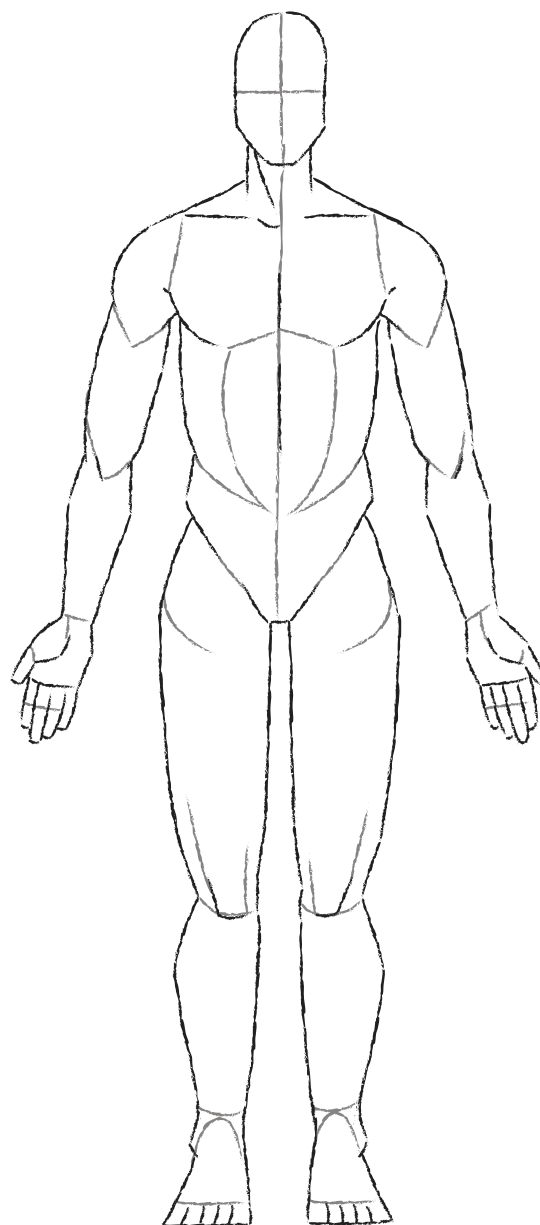
2

3

4

5

Physical body insights (Plot where you felt most emotional-physical sensations:



Effective Coping Strategies, what techniques worked best?

1

2

3

4

5

Effective Coping Strategies, what techniques worked best?
Gratitude highlights:

1

2

3

4

5

Goals and Intentions for Next Week:

1

2

3

4

5

Overall Progress and Self-Compassion Note:

1

2

3

4

5

8-Week Renewal Review: Rising Stronger

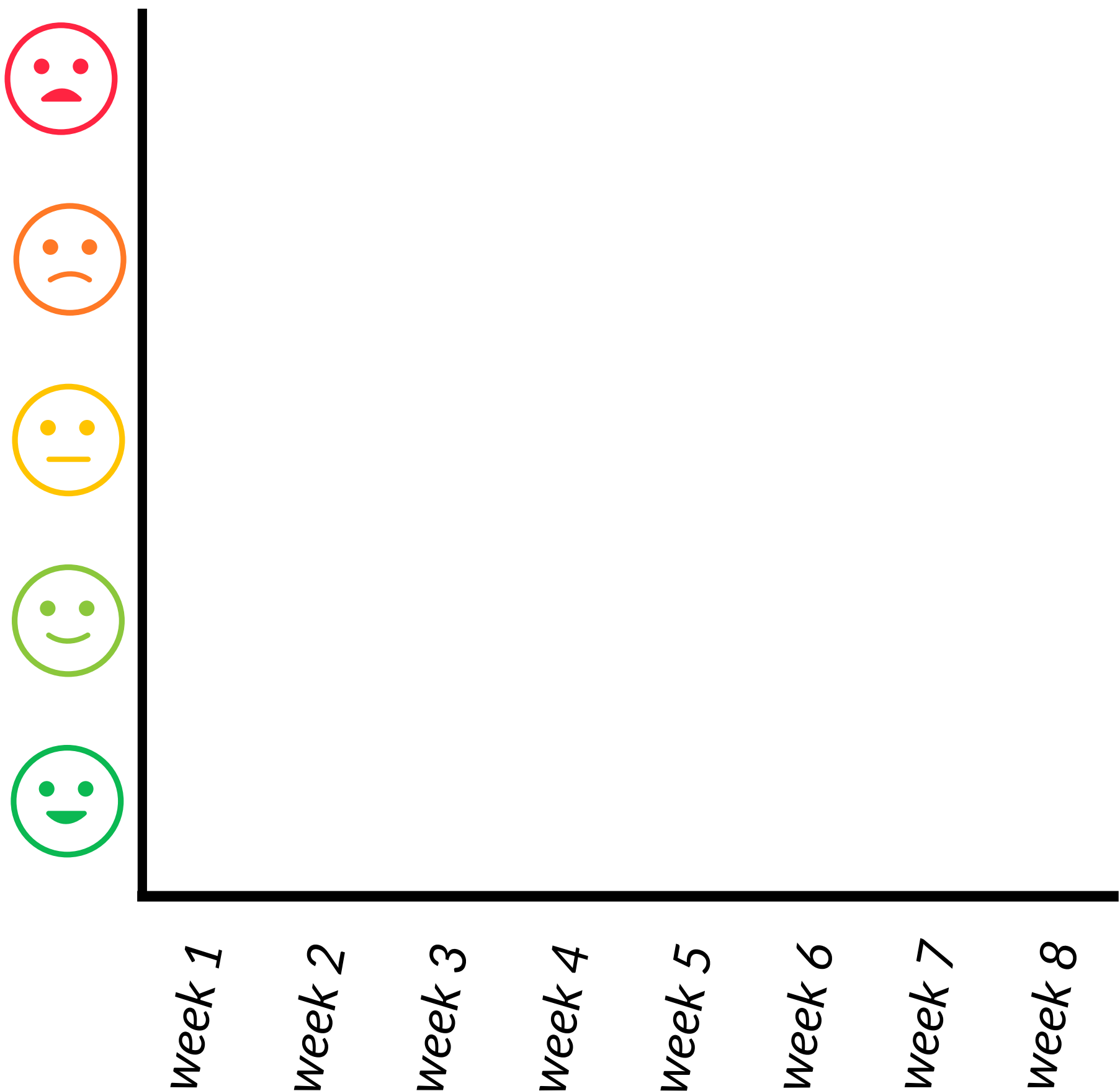
Congratulations - you've completed 8 weeks of brave, consistent work. Like the phoenix, you've faced emotional heat and emerged with new strength. This section is your space to celebrate progress, honour insights, and set intentions for continued rising. Take your time - reflect with kindness.



8-Week Renewal Review:

Your Mood Trend Over 8 Weeks

Plot your average weekly mood rating for each week. Connect the dots to see your journey.



Key Patterns & Insights

Common Triggers Across 8 Weeks (list top 5):

1

2

3

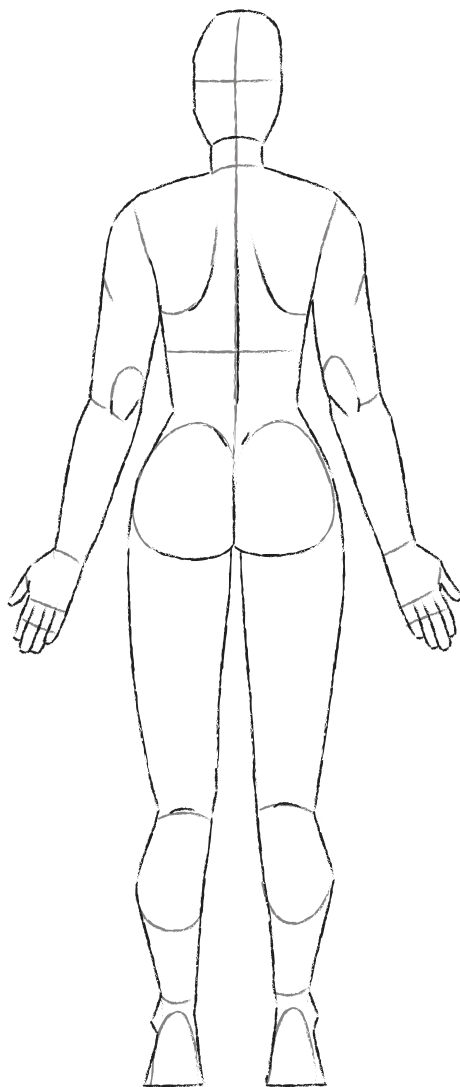
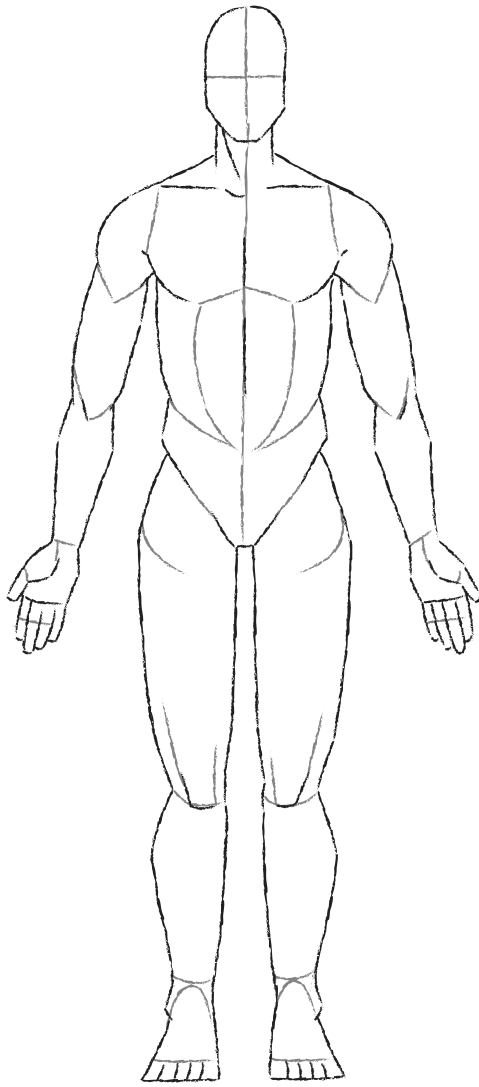
4

5

Common Triggers Across 8 Weeks (list top 5):

Key Patterns & Insights

(Plot where you felt most emotional-physical sensations:



Biggest "Aha" Moments (3–5 insights about your emotional patterns):

1

2

3

4

5

Coping Toolkit & Personal Growth

Top 5 Effective Strategies (what worked best and why):

1

2

3

4

5

Gratitude, Wins & Self-Compassion

Top 10 Gratitude Moments or Small Wins from the 8 Weeks:

1

2

3

4

5

6

7

8

9

10

Future Intentions & Closing

3-5 Goals for Continued Emotional Renewal:

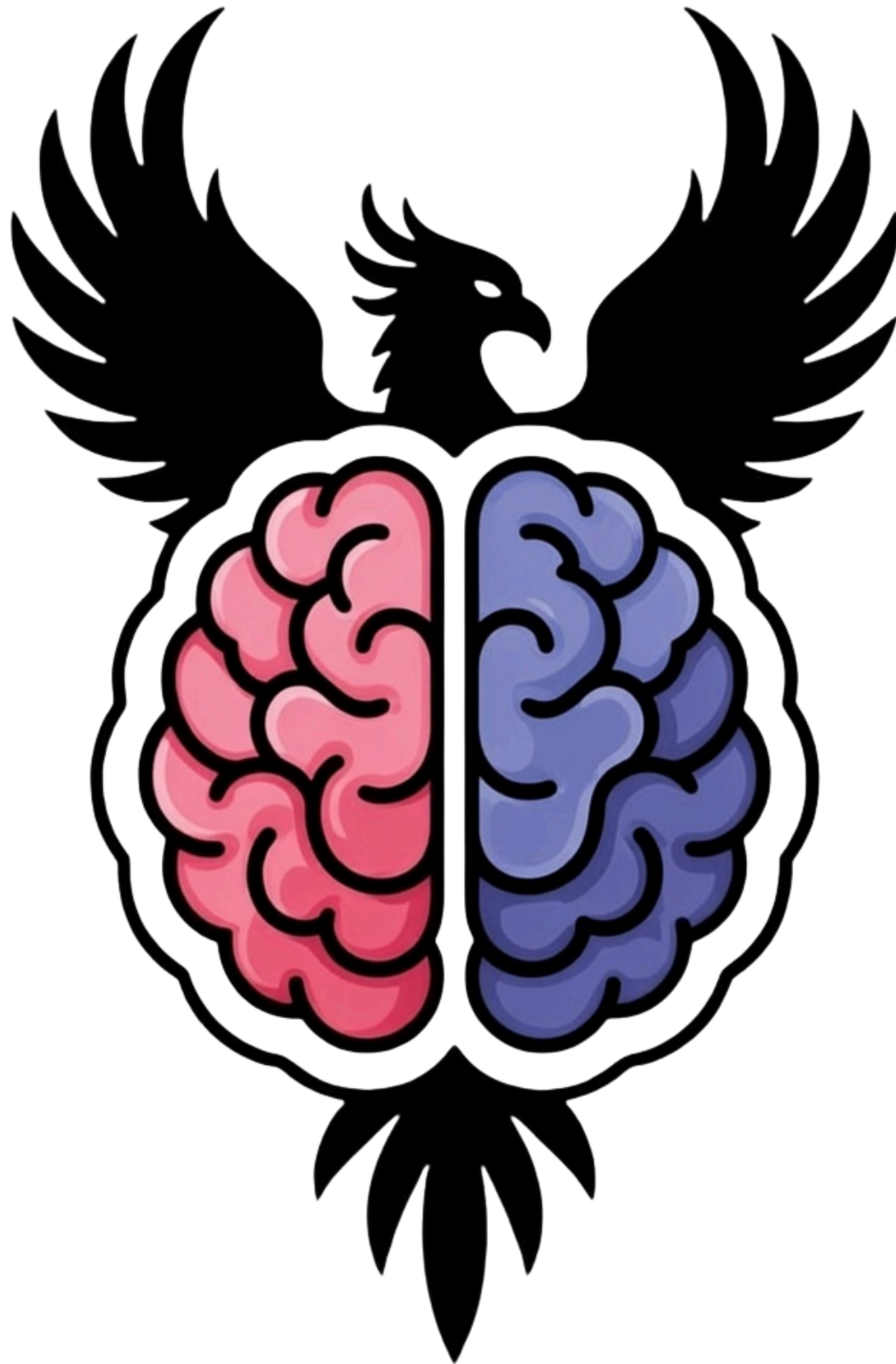
1

2

3

4

5



Rise Through Lived Experience – Practical Tools, Real Healing

Like the phoenix, you've transformed challenges into wings. This journal holds proof of your strength- revisit it whenever you need reminding. You're not just surviving; you're rising renewed. Keep flying.

**With gratitude for your healing journey,
Fynix Project © 2026**

Crisis Support Resources: You're Not Alone

If emotions ever feel overwhelming or you're in crisis, reach out immediately - **help is available 24/7**. You don't have to face this alone. Like the phoenix, **seeking support is a brave step toward renewal**.

In Immediate Danger? Call 999 for emergency services.

Urgent Mental Health Support (24/7)

- NHS 111 Mental Health Option — Call 111 and select option 2. Trained professionals can assess and guide you to local crisis support (available across England; similar services in Scotland/Wales/NI via 111 or local lines).
- Samaritans — Call 116 123 (or email jo@samaritans.org). Emotional support for anyone feeling distressed, suicidal, or despairing—no judgment.
- Shout — Text SHOUT to 85258. Confidential text support for crisis moments
- .

Other Key Helplines

- Campaign Against Living Miserably (CALM) → Call 0800 58 58 58 (5pm–midnight daily). Especially for men, but open to all—support for grief, stress, or suicidal thoughts.
- Papyrus HOPELINE247 (for under 35s) → Call 0800 068 4141, text 07860 039967, or email pat@papyrus-uk.org. Prevention of young suicide.
- The Mix (for under 25s) → Call 0808 808 4994 (or text/chat online). Support for any issue affecting young people.

- SANEline → Call 0300 304 7000 (4:30pm–10:30pm daily). For anyone experiencing mental illness or supporting someone who is.
- Mind Infoline → Call 0300 123 3393 (9am–6pm weekdays). Info and signposting for mental health concerns.

For more options or local services, visit nhs.uk/mental-health or mind.org.uk. These resources are here whenever you need them—reaching out is a sign of strength. Keep rising. 🐦🔥