



Essential Veteran Services

EVALUATIONS & NEXUS LETTERS

VETERAN-LED • INDEPENDENT • CONFIDENTIAL

# VA Mental Health Symptom Journal

## A Structured Tracker to Support Your VA Claim

This journal is designed to help you document patterns in mood, sleep, stress triggers, and daily functioning. Consistent symptom tracking can strengthen communication with providers and support documentation for VA disability claims.

01 Mood

02 Sleep

03 Triggers

04 Functioning

This journal is for personal tracking and informational purposes only and does not replace professional medical or mental health care.

# Mood Tracking

Tracking mood over time helps identify severity, frequency, and patterns that may impact work, relationships, and daily life.

## Reflection Questions

- 01 What emotions showed up most strongly today?
- 02 How intense were these emotions on a scale of 1-10?
- 03 Did my mood interfere with work, relationships, or responsibilities today? If so, how?

Date: \_\_\_\_\_



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# Sleep Patterns

Sleep disruption is a common symptom in many service-connected mental health conditions and can significantly impact functioning.

## Reflection Questions

- 01 How many hours did I sleep last night, and was it restful?
- 02 Did I experience nightmares, night sweats, or frequent waking?
- 03 How did my sleep affect my mood, focus, or energy today?

Date: \_\_\_\_\_



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# Stress & Trigger Log

Identifying triggers can clarify patterns connected to anxiety, panic, irritability, or emotional shutdown.

## Reflection Questions

- 01 What specific event, environment, or interaction triggered stress today?
- 02 What was my immediate reaction (physical or emotional)?
- 03 How long did it take me to feel regulated again?

Date: \_\_\_\_\_



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# Impact on Daily Functioning

The VA evaluates not only symptoms, but how those symptoms affect occupational and social functioning.

## Reflection Questions

- 01 Did I avoid any responsibilities, appointments, or social interactions today?
- 02 Did symptoms affect my productivity, focus, or reliability?
- 03 How did my condition impact my relationships today?

Date: \_\_\_\_\_



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# Next Steps & Support

You Don't Have to Navigate This Alone.

Tracking your symptoms is a powerful first step. But documentation alone doesn't always translate into a strong VA claim. Understanding how your symptoms connect to service, diagnosis, and functional impairment is what makes the difference.

## When to Consider Additional Support

You may benefit from professional guidance if:

- You're unsure how to describe your symptoms in VA language
- You've been denied or underrated
- You suspect secondary conditions connected to your mental health
- You're overwhelmed by the claims process

## How Essential Veteran Services (EVS) Can Help

Essential Veteran Services supports veterans by:

- Reviewing your claim strategy
- Identifying potential primary and secondary conditions
- Providing guidance on documentation and next steps
- Helping you prepare for C&P exams
- Offering structured support throughout the process

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### NOTES:

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NEXT STEPS

# Our Goal Is Simple

To help you present your case clearly, confidently, and accurately.

CONNECT WITH US TODAY



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