

MY MOOD DIARY

Our mood diary is a practical way to keep track of how you're feeling each day. When situations become too overwhelming, or those days when excitement is soaring, it's good to monitor the emotions you might experience. Use our template to note down how you feel, how intense the feeling was, and what was going on at that moment

When?

Day and time

What?

How you were feeling

Intensity

Scale 1 -10

Notes

What was going through your mind?

When?

Day and time

What?

How you were feeling

Intensity

Scale 1 -10

Notes

What was going through your mind?