

# Mood Tracker

Life is moving faster than ever, and it can sometimes be difficult to keep track of how we are feeling in response to the world around us. Mood tracking is a simple way to help individuals connect and reflect on their emotions throughout different parts of the day. If you or someone close to you is struggling to maintain a positive mood, or healthy mindset, this tool can be especially helpful to open the conversation with caregivers and providers alike.

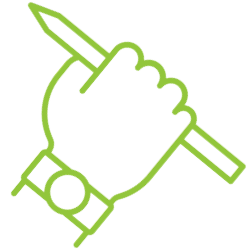
Being able to look back at moods over time makes it easier to see if there are certain times of the day that may seem more stressful, or need special attention- these can be identified as red flags or trouble spots. If a problem area is identified, it can be helpful to create a routine to manage the day, or some sort of cheat sheet to assist if you get stuck throughout the day. Pairing activities, coping skills, or encouraging thoughts with certain parts of our day, can stimulate positive thinking, establishing a sense of gratitude and enhancing mindfulness.

Daily mood tracking can also promote a sense of accountability for our emotions or behaviors. For example, if you wake up irritable, and angry every morning, rushing to get your day started, and you notice that your bed times have gotten later and later and you are sleeping in until the last minute, you may be able to intervene more quickly and stop the behavior that is leading to added stress. In this case, setting a bed and wakeup time and sticking to a night and morning routine can allow for smoother days.

The other side of this sheet could be used as a basic format for tracking mood.



# Mood Tracker



Time of Day	How are you feeling?	What does it feel like?	What happened?	What skill will help?
Morning				
Afternoon				
Evening				

