

## Develop Self-Awareness with a Mood Tracking Tool

Building capacity for self-awareness is an important part of social-emotional learning. Being mindful of our emotions is a powerful skill - allowing us to track how we respond to stressors and the world around us. Mood tracking is a simple way to help individuals connect and reflect on their emotions throughout different times of the day. It can also serve as a reminder to use self-management techniques to control the harmful impact stress can have on our overall well-being.

Daily mood tracking helps us be accountable for our emotions or behaviors. For example, if you find that you are irritable and rushed in the morning, maybe taking time to practice a few minutes of self-care, such as physical activity or mindfulness, will help you relax before starting your day. This attention to daily tracking may also help you identify necessary changes to your routine. Maybe your morning irritability is because you are going to sleep later and later, and waking up at the last minute. Problem-solving and managing stress through self-discipline are also important social-emotional learning skills.

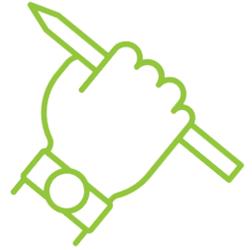
If you or someone close to you is struggling to manage a positive mood or a healthy mindset, this tool can be especially helpful to start the “I noticed” conversation. Mood tracking provides the opportunity to identify patterns. Are there certain times of the day that may seem more stressful? Are there situations or relationships that need special attention? As problem areas are identified, a mood tracking tool can help the user create a routine to manage the day - putting individuals in the driver seat of their emotions and stress responses. Pairing activities, coping skills, or encouraging thoughts with anticipated stressors can help stimulate positive thinking, establish a sense of gratitude and enhance mindfulness.

The example below could be used as a basic format for tracking mood. Modify it for younger children or use it as a tool for the whole family.

To learn more, visit the  
School Mental Health Resource and Training Center at  
[www.mentalhealthEDnys.org](http://www.mentalhealthEDnys.org) or call **518.434.0439**



# Mood Tracker



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

