MOOD MONITORING SHEETS

Mood monitoring is an important part of your self-care. By charting your daily mood, you can keep a record of how you feel. It makes you aware of how your mood is changing from day to day and how your activities influence this.

It only takes a few minutes a day. Mark down your mood score with an X on the mood line. If you felt happy, mark the X near the happy face. If you felt sad, mark the X near the sad face. You can do this in the morning, afternoon, and/or evening. Write down a few comments about the day so you can make a link between your mood and your activities or events of the day. Use the back of the weekly sheet to write down additional comments if you like, or to reflect on any observations you make regarding what affects your mood.

Monitoring your mood will make a difference because:

- It gives you a sense of control over your depression
- It allows you to track how you are feeling

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What happened today? Note any thoughts, activities, or events.

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