

Mood Diaries

use the diaries to record your mood at regular intervals in the day. You can do this in a variety of ways, for example using happy and sad faces, colouring in the box in a colour that reflects your mood, rating your mood on a scale of 1 - 10 (where 1 is very low and 10 is good/well) or using words to describe how you are feeling.

week Commencing:

	Morning	Afternoon	Evening	Night
Monday				
Tuesday				
wednesday				
Thursday				
Friday				
Saturday				
Sunday				