

MOOD TRACKER

	Month One	Month Two	Month Three
Week 1	1		
	2		
	3		
	4		
	5		
	6		
	7		
Week 2	8		
	9		
	10		
	11		
	12		
	13		
	14		
Week 3	15		
	16		
	17		
	18		
	19		
	20		
	21		
Week 4	22		
	23		
	24		
	25		
	26		
	27		
	28		
	29		
	30		
	31		



angry/grumpy



average



happy/joyful



annoyed



calm/comfortable



on-edge/restless



sad



sick/tired/blah



productive/energetic



nervous/anxious

Personal Notes

Week 1

Month One

Week 2

Week 3

Week 4

Week 1

Month Two

Week 2

Week 3

Week 4

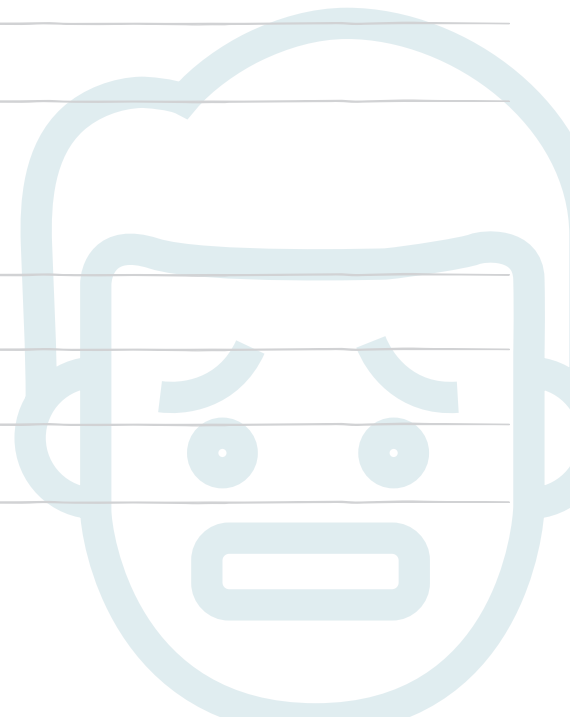
Week 1

Month Three

Week 2

Week 3

Week 4



How are you feeling?

You might be asked this question quite often by friends, family or your healthcare practitioner, but have you ever stopped to reflect on your answer?

Trying to pin down your overall mood or state of “feeling” can be quite difficult. First of all, you have your emotions which tend to arise as a result of specific events or situations taking place in your life. Secondly, you have your mood(s) which are a constant background feeling you carry with you, often without any obvious reason or cause. All these internal “feelings” have an important impact on your energy levels, attention and thought patterns.

An easy, fun and visual way to gain a better insight into your state of “feeling” is by keeping a colour mood tracker. Filling in the mood tracker daily requires only a coloured pencil and a few minutes. Using the colour legend, fill in the daily box with the colour that best describes your overall state for that day. Keeping this over 3 months will give you a good insight into the frequency of your moods and an overall picture of how you are feeling. By keeping some additional notes and writing down significant events and situations for a particular week, you might also be able to see a pattern of triggers which cause certain moods. This can in turn give you a better understanding of what situations or events are causing you distress. Discuss these events with your healthcare practitioner, so they can equip you with techniques and lifestyle changes to help you manage that stress better day to day.

Why is this good for your mental wellbeing?

The way you feel really does impact the way you think, and the way you think impacts your actions. If you are striving to regain a balanced lifestyle and mental wellbeing, both inside and out, all your actions need to reflect that goal. Being in a positive mood and thought pattern has a big influence on your mental wellbeing.

Discuss the results with your healthcare practitioner to restore balance to your mental wellbeing.

Practitioner Notes



orthoplex

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