

MIND YOUR MOOD

BY TRACKING IT

We track lots of things, like how much we spend, how much we eat, and even how much we dream. **Why not try tracking your mood?**



Keeping a daily record of your mood can help you:

- Recognize trends and triggers
- Understand mood patterns
- Cope with stress
- Make informed decisions
- Process your emotions

Let's get started!



1

Choose your medium.

You can use either a notebook, a journal, a calendar, or even an app.



2

Begin with the basics.

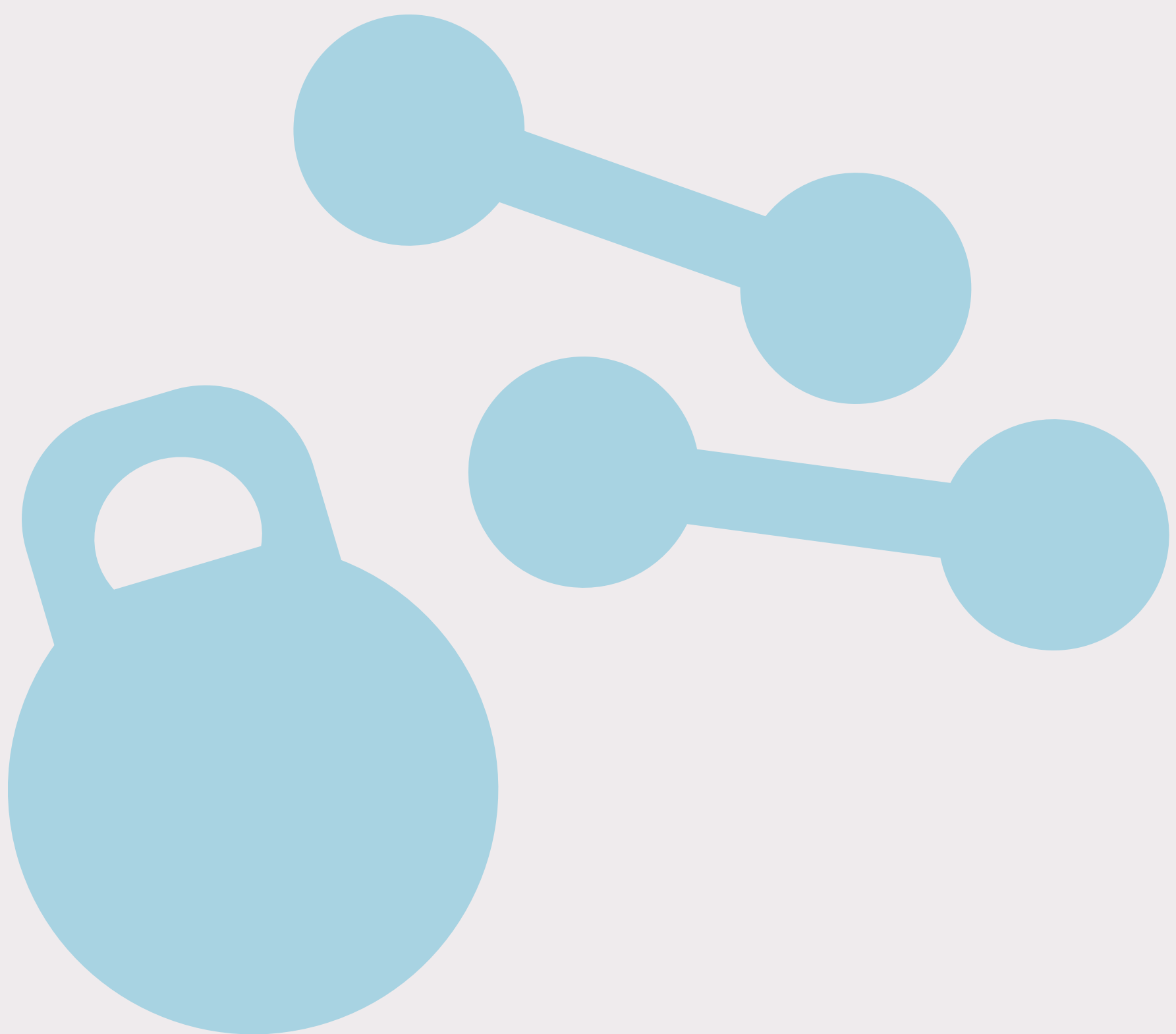
Record how you feel on any particular day. Jot down whether your mood changed and anything significant that happened.



3

Decide on details.

You can add information like number of hours slept, time spent exercising, or self-care practices you tried. These factors can all affect your mood.



Everyone has their own way of processing emotions, and there's no one right way to track your mood. So get creative and find what works best for you!

