



FREE RESOURCE · LOW MOOD, ANXIETY AND STRESS · A FEW MINUTES A DAY

Mood diary

Moods can seem to come out of nowhere, or feel as if they never change. A mood diary is a simple record of how you feel and what was happening at the time. Over a week or two, it can show you patterns that are hard to see from day to day, and the small things that help.

When it can help

- ✓ When your mood feels low, flat or up and down, and you're not sure why
- ✓ When anxiety, stress or irritability seem to come and go
- ✓ When you'd like to see whether sleep, work or time with other people makes a difference
- ✓ Before or alongside counselling, so you have something to look back on

How to fill it in

Pick a few moments each day, such as morning, afternoon and evening, or whenever you notice your mood shift. Fill in one row for each. Here's an example of how a row can look.

1

When

The day, and the time or part of the day.

EXAMPLE

Tuesday, mid-morning

2

What was happening

Where were you, what were you doing, and who were you with?

EXAMPLE

At my desk, working through emails on my own.

3

How you felt

Name the feeling in a word or two, and rate how strong it was, from 0 (not at all) to 10 (the strongest it gets).

EXAMPLE

Low 7, tired 6

4

What you noticed

Anything in your body, your energy or your thoughts.

EXAMPLE

Heavy and slow. Kept thinking I'm getting nowhere.

5

What you did next

What did you do, and did your mood change at all? Rate it again.

EXAMPLE

Made a cup of tea and stepped outside for five minutes. Low 5

A few words in each box is plenty. There are no right or wrong answers, and it's fine to miss a day.

Need help right now? Call 999 if your life is at risk. For urgent mental health support, call 111 and choose the mental health option, or call Samaritans free on 116 123, any time.



How it can help

Spot patterns

Times of day, places, people or events that tend to lift your mood or bring it down.

Notice what helps

The small things that make a difference, even a little, so you can do more of them.

Put feelings into words

Naming a feeling, and how strong it is, can help it feel more manageable.

See change over time

When you're low, it can feel as if nothing ever changes. A diary keeps the better moments too.

At the end of the week

Take a few minutes to look back over the week. Page 6 has space for your answers.

- ✓ When did my mood lift, even a little? What was happening?
- ✓ When was it lowest? Does a time of day, place or person come up more than once?
- ✓ Did sleep, food, movement or time with other people seem to make a difference?
- ✓ What helped, even a little, that I could do more of next week?

Helpful tips

- ✓ Fill it in close to the time if you can, or at the same time each day so it becomes a habit.
- ✓ Include the better moments, not just the hard ones. They're just as useful.
- ✓ Give it at least a week or two before looking for patterns.
- ✓ Be kind to yourself. You're noticing, not judging.
- ✓ Keep it somewhere private. It's yours to share or not, and you're welcome to bring it to a session.
- ✓ If your mood has been low most days for two weeks or more, it's worth talking to your GP. It's also something we could explore together in counselling.

What's in this pack

- ✓ **Pages 3 and 4:** your mood diary, printed sideways so there's room to write. Print as many copies as you need.
- ✓ **Page 5:** your week at a glance.
- ✓ **Page 6:** looking back over the week.
- ✓ **Pages 7 to 10:** the same pages filled in, to show how they can look.

A gentle note. These tools aren't a replacement for counselling or medical care. If something here brings up a lot for you, it's okay to stop. You don't have to work through things on your own. If you'd like to talk to someone, your first counselling session with me is free: 07826 774307 or therapycare.co.uk.

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MOOD DIARY

My mood diary

One row for each moment. Rate each feeling from 0 (not at all) to 10 (the strongest it gets).

Week starting: _____

1. When Day and time	2. What was happening Where, doing what, with whom?	3. How you felt Feeling, and how strong, 0 to 10	4. What you noticed Body, energy, thoughts	5. What you did next And your mood after, 0 to 10



MOOD DIARY

My mood diary (continued)

Keep going on a new copy whenever you run out of rows.

Week starting: _____

1. When Day and time	2. What was happening Where, doing what, with whom?	3. How you felt Feeling, and how strong, 0 to 10	4. What you noticed Body, energy, thoughts	5. What you did next And your mood after, 0 to 10



MOOD DIARY

My week at a glance

At the end of each day, circle how the day felt overall,
from 0 (very low) to 10 (very good). Week starting: _____

Day	How was today overall? Circle one: 0 very low · 5 okay · 10 very good	Sleep last night Roughly how long, and how well?	Something that helped Even a little
Mon	0 1 2 3 4 5 6 7 8 9 10		
Tue	0 1 2 3 4 5 6 7 8 9 10		
Wed	0 1 2 3 4 5 6 7 8 9 10		
Thu	0 1 2 3 4 5 6 7 8 9 10		
Fri	0 1 2 3 4 5 6 7 8 9 10		
Sat	0 1 2 3 4 5 6 7 8 9 10		
Sun	0 1 2 3 4 5 6 7 8 9 10		



MOOD DIARY

Looking back over the week

When did my mood lift, even a little? What was happening?

Did sleep, food, movement or time with other people seem to make a difference?

A few minutes at the end of the week. A few words is plenty.

Week starting: _____

When was it lowest? Does a time of day, place or person come up more than once?

What helped, even a little, that I could do more of next week?



EXAMPLE · FILLED IN

Example: a mood diary

Here's how a week might look. Yours will be different, and a few words is plenty.

1. When Day and time	2. What was happening Where, doing what, with whom?	3. How you felt Feeling, and how strong, 0 to 10	4. What you noticed Body, energy, thoughts	5. What you did next And your mood after, 0 to 10
Mon, 8am	In bed, alarm going off. Work today.	Dread 7, tired 8	Heavy. "I can't face it."	Got up anyway and had a shower. Dread 5
Mon, lunch	Ate at my desk on my own, scrolling my phone.	Low 6, flat 6	Tight shoulders. Didn't really taste the food.	Nothing really. Low 6
Mon, 7pm	Walked the dog with Sam.	Calm 6, low 3	Lighter. We laughed about something silly.	Stayed out longer than usual. Calm 7
Tue, 10am	Team meeting. My idea got skipped over.	Hurt 6, irritable 5	Hot face. "No one listens to me."	Went out for a coffee. Irritable 3
Tue, 10pm	On the sofa after two hours on my phone.	Anxious 6, low 5	Racing thoughts about tomorrow.	Box breathing, then bed. Anxious 4



EXAMPLE · FILLED IN

Example: a mood diary (continued)

The better moments are worth writing down too.

1. When Day and time	2. What was happening Where, doing what, with whom?	3. How you felt Feeling, and how strong, 0 to 10	4. What you noticed Body, energy, thoughts	5. What you did next And your mood after, 0 to 10
Wed, 6pm	Phoned my sister on the way home.	Content 6	Relaxed. Glad I called.	Planned to see her on Sunday. Content 7
Thu, 4am	Woke up and couldn't get back to sleep.	Worried 7	Mind going round in circles.	Got up for a glass of water. Worried 6
Fri, 1pm	Lunch outside in the park.	Calm 6, tired 4	Sun on my face. Slower breathing.	Walked back the long way. Calm 7
Sat, 11am	Swimming with a friend.	Calm 7, proud 5	Tired in a good way. Clear head.	Had a coffee together afterwards. Calm 8
Sun, 3pm	Lunch at my sister's.	Content 7	Full and relaxed. Nobody rushing.	Stayed for a film. Content 7



EXAMPLE · FILLED IN

Example: a week at a glance

The same week. Patterns often only show up once a week is on one page.

Day	How was today overall? Circle one: 0 very low · 5 okay · 10 very good	Sleep last night Roughly how long, and how well?	Something that helped Even a little
Mon	0 1 2 3 4 5 6 7 8 9 10	Badly, about 5 hours	Walking the dog with Sam
Tue	0 1 2 3 4 5 6 7 8 9 10	Okay, 6 hours	A coffee away from my desk
Wed	0 1 2 3 4 5 6 7 8 9 10	Good, 7 hours	Talking to my sister
Thu	0 1 2 3 4 5 6 7 8 9 10	Woke at 4am	Not much. Went to bed early
Fri	0 1 2 3 4 5 6 7 8 9 10	7 hours	Lunch outside in the park
Sat	0 1 2 3 4 5 6 7 8 9 10	A lie-in	Swimming with a friend
Sun	0 1 2 3 4 5 6 7 8 9 10	Good	Lunch at my sister's



EXAMPLE · FILLED IN

Example: looking back

When did my mood lift, even a little? What was happening?

When I was outside, or talking to someone. Walking the dog with

Sam, calling my sister, swimming.

Did sleep, food, movement or time with other people seem to make a difference?

The days after a bad night were my lowest. Getting out, and seeing

people, made a difference.

What the same week showed, and what to try next.

When was it lowest? Does a time of day, place or person come up more than once?

Mornings before work, and evenings after a lot of time on my

phone.

What helped, even a little, that I could do more of next week?

Lunch outside. Phone off by 9pm. Call or see someone midweek, not

just at the weekend.