

## MOOD MONITORING WORKSHEET

We want to help you understand the kinds of things that affect how you feel. For the next week, please write down some things you are doing and how you feel each day. Try to write at least one thing for each morning until lunchtime, one thing for each afternoon up until dinner time, and one thing for each evening. Use the **Mood Scale** to show how stressed you are feeling. A "10" would mean the most stressed you have ever felt and a "1" would mean the most calm and relaxed you have felt.

Day of Week	Morning	Afternoon	Evening	Overall rating for the day

An example of a "1" (best) would be: \_\_\_\_\_

An example of a "10" (worst) would be: \_\_\_\_\_