




# Depression mood diary.



Keeping a mood diary can be a helpful tool in managing depression. It allows you to identify patterns and work towards **better mood regulation**.

Date	
<p><b>Mood rating:</b> On a scale of 0-10, with 0 being “not depressed” and 10 being “the most depressed you have ever felt”, how would you rate your mood today?</p> <p data-bbox="145 994 1449 1070"> <input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10 </p>	
<p><b>Triggers:</b> Note any triggers that might have influenced your mood, examples include: a specific event, an interaction, a thought or memory. (Note: triggers are not always obvious.)</p>	
<p><b>Activities:</b> Record the activities you engaged in throughout the day, no matter how small. Include things like work, exercise, hobbies, or social interactions.</p> 	



# Depression mood diary (cont.)



**Thoughts:** Write down any thoughts you've noticed running through your mind.

**Emotions:** Write down the emotions you have been experiencing. Be as specific as possible. Are you feeling sad, anxious, hopeless, angry, numb?

**Physical experiences:** List any changes you have noticed in your body, such as fatigue, changes in appetite, sleep disturbances, aches, or pains.



**Coping strategies:** Document any strategies or techniques you used to manage your mood. This could include deep breathing exercises, meditation, talking to a friend, or engaging in a hobby.



# Depression mood diary (cont.)

**Interventions:** If relevant, make a note if you have taken prescribed medications (including the name and dose) and whether you've engaged in therapy today. How has this impacted your mood?



**Positive moments:** Reflect on any positive moments or moments of gratitude you have experienced during the day, these can be big or small moments.

**Goals for tomorrow:** Set a few small and achievable goals for tomorrow. These could be simple tasks or self-care activities.



**Overall reflection:** Reflect on your mood diary, looking at all of your experiences. What went well? What could have been better? How did you cope with challenging emotions?

Investing in Wellbeing's resources are designed to support self-help and are not a replacement for professional intervention. If your difficulties persist or worsen please seek advice from a health professional.

